Taste of Home®

CELEBRATING THE BEST HOME COOKS

Pancake & Waffle Bar

the ULTIMATE COMFORT ISSUE

Pillowy **Dumplings**
Crispy **Fish Fry**
Griddled-Up **Brunch**

CREATIVE **LOW-CARB CONTEST WINNERS!**

5 FUN WEEKNIGHT DINNER THEMES

TREATS FOR YOUR SWEET! ♡

FEB./MAR. 2023
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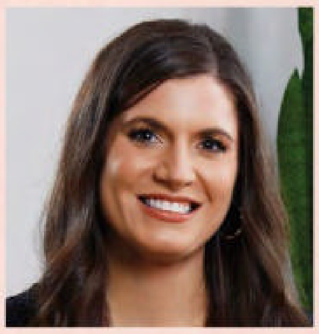


Here's to 30 Years!

In January 1993, *Taste of Home* magazine appeared in mailboxes for the very first time. In the 30 years since, we've published more than 45,000 cherished family-favorite recipes from home cooks just like you. From recipes that have been with us from the start—like Patricia Kreitz's Moist Chocolate Cake (*page 10*)—to the all-new winners of our Low-Carb & Lovin' It Contest (*page 63*), the dishes you've so graciously shared with us over the past three decades have been tucked into recipe boxes, mainstays at holiday dinners and passed down through generations.

We hope you'll find even more recipes to keep and share in these very pages. Maybe you'll get together with a friend to try your hand at the deliciously delicate French Macarons on *page 33*, or perhaps you'll start a weekly tradition with the regional seafood favorites from "Fish Fry, USA" on *page 48*. And the cozy dumpling recipes in "We're Stuffed!" *(page 36)* are just waiting to become chilly-night staples in your home. These—just like the thousands of recipes that have graced this magazine, our special issues and our website over the years—are absolute keepers.

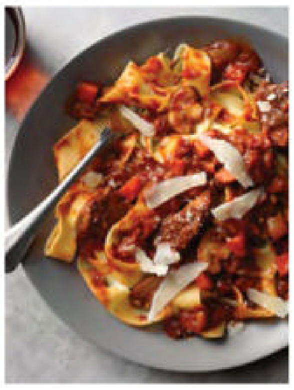
And so are you. We couldn't make this magazine without your fabulous tips, your heartwarming stories and, of course, the unforgettable dishes you've passed our way. We can't thank you enough, and keep the happy cooking coming!

Rachel

Rachel Bernhard Seis
DEPUTY EDITOR

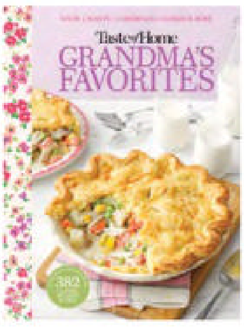
More ways to connect with us:

MORE TOH



Here's the Beef!

Few things are more comforting than the aroma of something tasty simmering low and long in your slow cooker—but make it a wholesome beefy dish and it gets even cozier! This winter, treat yourself to our favorite hearty, hands-off slow-cooker beef recipes made just right for those extra-frigid days when you'd rather warm up next to the fireplace than next to the stove. Find our favorites online by hovering your camera here!



Grandma's Best Bets

Now all the tried-and-true dishes from your family recipe box can be yours to love again with our all-new cookbook, *Grandma's Favorites 2023*. This treasury of beloved recipes is packed with 380+ time-honored classics shared by families just like yours. Order the book today for just $10 plus free shipping! **tasteofhomebooks.com/G2302.**

Taste of Home
COMMUNITY COOKS

COMMUNITY COOK'S RECIPE REVIEW

Slow-Cooker Cheesy White Lasagna

Janet Tigchelaar, Ancaster, ON

USERNAME: @dublinlab on tasteofhome.com

"This would be excellent to serve when you are having a family day, particularly in the cold winter months."

Wanna try it yourself? Hover your camera here to see the recipe online.

FEBRUARY • MARCH

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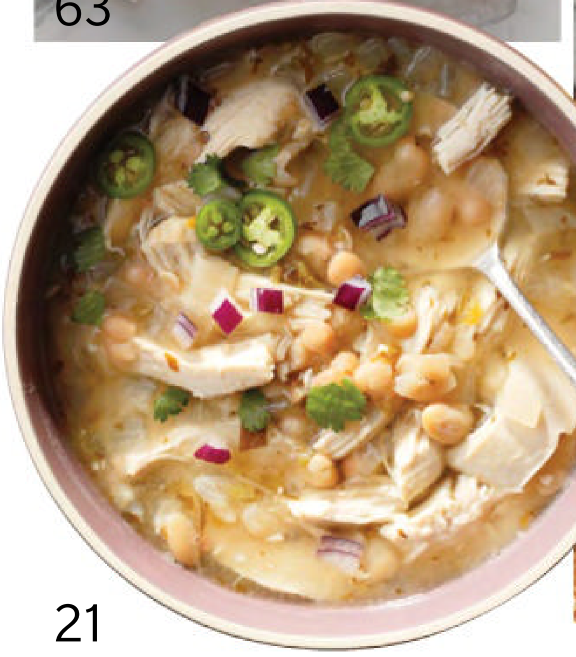
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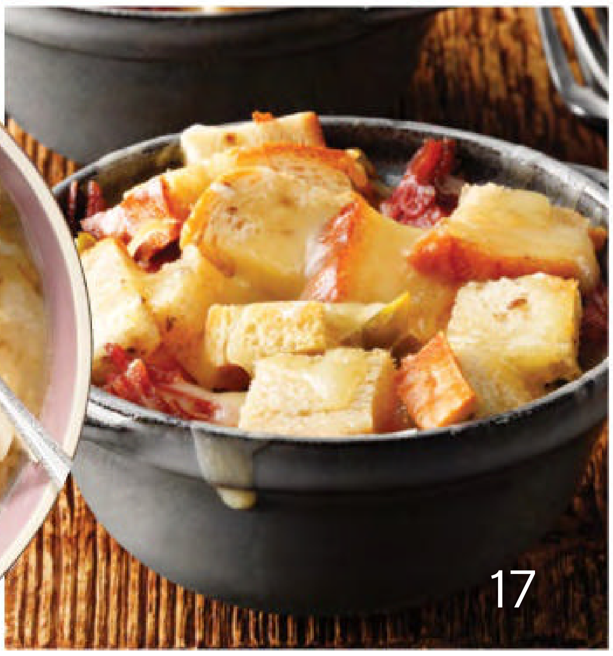
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Alliance for Audited Media
The New Audit Bureau of Circulations

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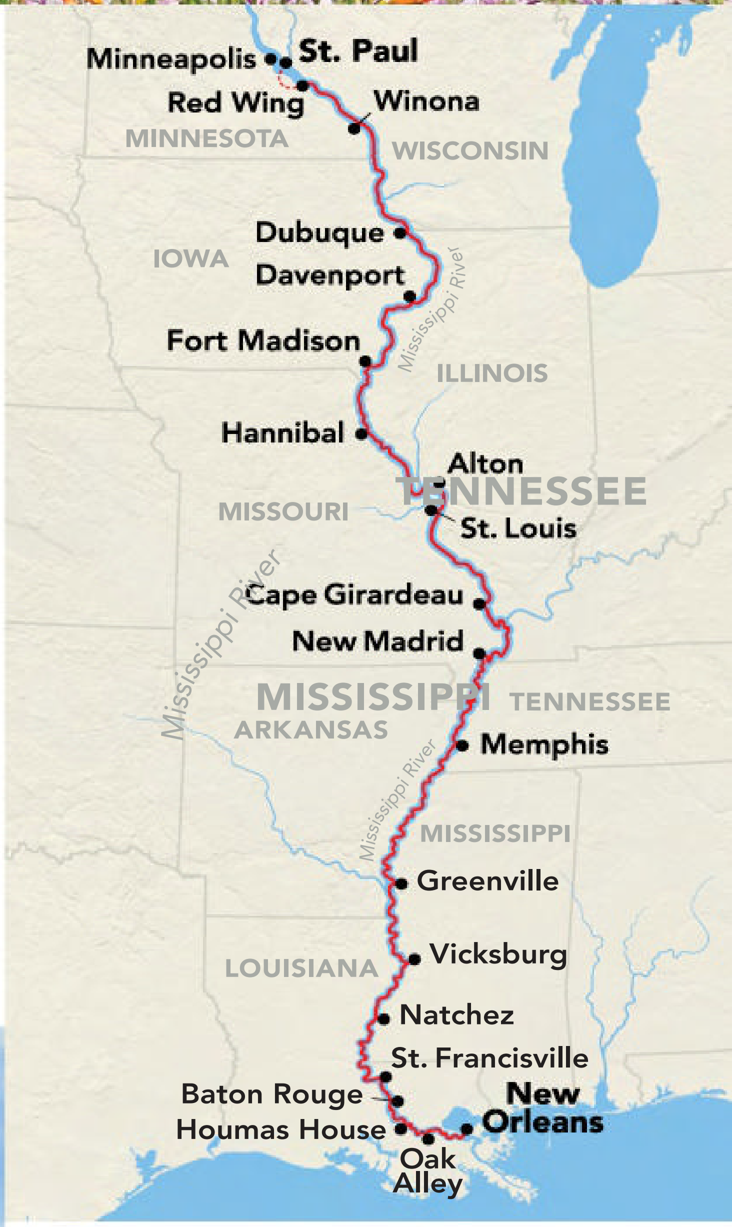

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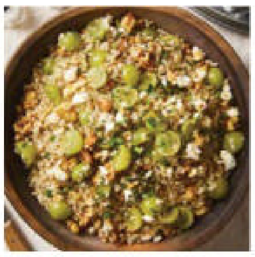

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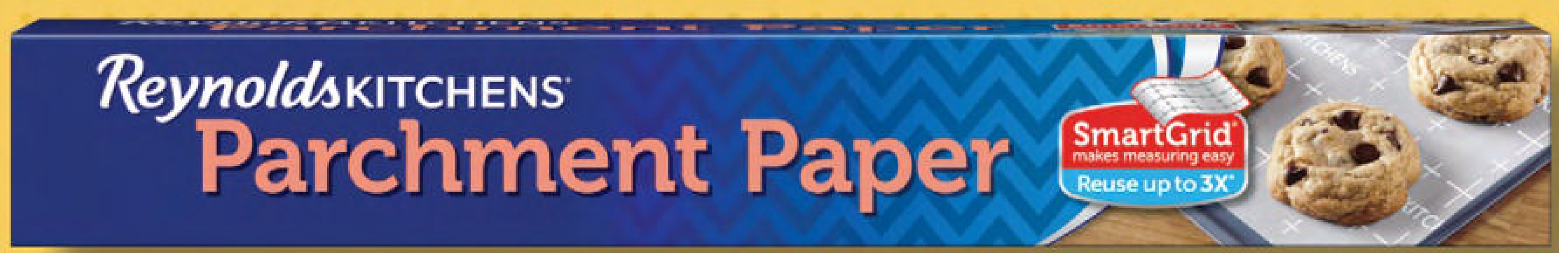
CC LOOK FOR THESE COMMUNITY COOKS IN THIS ISSUE!

Donna Gribbins, Julie Herrera-Lemler, Trisha Kruse, Kristyne McDougle Walter and Rebecca Yankovich

Volunteers from across the U.S.—and Canada—belong to the big, happy Community Cooks family! They share recipes, reviews and tips from their kitchens, neighborhoods and regions. To see the whole list of all our Community Cooks and their latest recipes, hover your camera here.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MIXING BOWL

Trends • Tips • Kitchen Ideas

[Throwback]

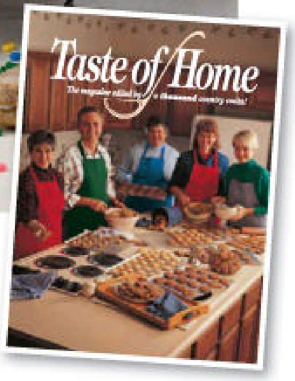
Three Decades of Delicious

Cue the confetti! *Taste of Home* is officially 30. Serve yourself a thick slice of this spectacular masterpiece, published in our first-ever issue, and celebrate right alongside us.

CELEBRATING
30
YEARS!

For an extra-celebratory effect, mix up to ½ cup of rainbow sprinkles into the frosting.

Moist Chocolate Cake



[Throwback]

Three Decades of Delicious cont'd.

Not only is this Moist Chocolate Cake practically destined for a birthday celebration, but the luscious stunner was also published in our inaugural issue from January 1993! On this page, throughout 2023, we'll feature beloved recipes from that first year as a little wink to our beginnings. Each nostalgic snack, sweet or sipper will be labeled with a "Celebrating 30 Years!" button, so keep an eye out. In the meantime, let's get this party started!

Moist Chocolate Cake

This cake reminds me of my grandmother because it was her specialty. I bake it for family parties, and the fond memories come flooding back for everyone.
—*Patricia Kreitz, Richland, PA*

Prep: **15 min.** • Bake: **25 min. + cooling** • Makes: **16 servings**

- 2 **cups all-purpose flour**
- 2 **cups sugar**
- 2 **tsp. baking soda**
- 1 **tsp. baking powder**
- 1 **tsp. salt**
- ¾ **cup baking cocoa**
- 1 **cup canola oil**
- 1 **cup brewed coffee**
- 1 **cup whole milk**
- 2 **large eggs**
- 1 **tsp. vanilla extract**

FAVORITE ICING

- 5 **Tbsp. all-purpose flour**
- 1 **cup whole milk**
- ½ **cup butter, softened**
- ½ **cup shortening**
- 1 **cup sugar**
- 1 **tsp. vanilla extract**

1. Preheat oven to 325°. Grease and flour two 9-in. round baking pans. Sift dry ingredients together into a large bowl. Add oil, coffee and milk; mix at medium speed 1 minute. Add eggs and vanilla; beat for 2 minutes longer. (The batter will be thin.) Pour into prepared pans.

2. Bake until a toothpick inserted in the center comes out clean, 25-30 minutes. Cool in pans for 10 minutes before removing to wire racks to cool completely.

3. Meanwhile, for icing, in a small saucepan, whisk flour and milk until smooth. Bring to a boil over medium heat; cook and stir until thickened, 1-2 minutes. Transfer to a small bowl. Cover and refrigerate until chilled.

4. In a large bowl, beat the butter, shortening, sugar and vanilla until creamy, 3-4 minutes. Add the chilled milk mixture and beat 10 minutes. Spread frosting between layers and over top and side of cake. If desired, dust with additional cocoa.

1 PIECE 482 cal., 28g fat (7g sat. fat), 42mg chol., 404mg sod., 55g carb. (39g sugars, 1g fiber), 4g pro.

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Lisa Kaminski
Taste of Home *Editor*

[Kitchen Hacks]

YOURS FOR THE BAKING

Add these tips for baking and storing baked goodies to your box of tricks

HOW TO BRING EGGS TO ROOM TEMPERATURE

If you forget to take eggs out of the fridge in time to bring them to room temp, just soak 'em in a bowl of warm water for a few minutes before you get crackin'.

HOW TO KEEP COOKIES SOFT & CHEWY

To maintain that day-one deliciousness of cookies, cakes and muffins, add a slice of store-bought white bread to the airtight container filled with baked treats.

HOW TO MAKE SMALL-BATCH WHIPPED CREAM

Your immersion blender can fit neatly into a tumbler, measuring cup or glass jar to create single-serving dollops of whipped cream with heavy cream and sugar.

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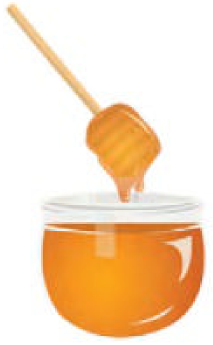
[Stuff We Love]

Mary, Mary

These creative mixes—blended with hot sauce and peppers, veggies and leafy greens, or pickled peaches and spices—upgrade the cocktail from a tired tailgate bevvy to a gotta-have-it game-day drink.

Scary Mary Mix, Dirty Mary Mix, Sweet Mary Mix *$25/32 oz. each* **stonehollowfarmstead.com**



HIDDEN OBJECT

Spot this honey jar in this issue, and you could win a *Taste of Home* cookbook. (In our last issue, the mug of hot cocoa was on *page 25*.) Go to our website to enter and to read the complete guidelines. **tasteofhome.com/ hiddenobject**

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GET CRACKING

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Heart Healthy

A single serving of pistachios has 13 grams of fat—almost 12 grams of which is the healthy, unsaturated variety. These good monounsaturated and polyunsaturated fats can help lower LDL (aka bad) cholesterol levels. So feel free to munch on a handful for a boost in heart health!

Protein Rich

Pistachios, unlike many other nuts, are considered a complete protein, meaning that they contain all nine essential amino acids that your body needs. This makes these nuts a great option for those enjoying plant-based diets. You can get 6 grams of protein from a 1-ounce serving.

Brimming with B6

These nuts are a powerful source of vitamin B6. This vitamin helps your body maintain a healthy immune system, builds oxygen-carrying red blood cells and even helps create serotonin—an important mood-boosting chemical in your brain. Snack on for happiness!

SWEET CURRY ROASTED PISTACHIOS

Preheat the oven to 300°. In a small saucepan, combine 2 Tbsp. **curry powder**, 2 Tbsp. **coconut oil**, 1 Tbsp. **maple syrup**, ½ tsp. **salt** and ⅛ tsp. **cayenne pepper**. Cook and stir over low heat until fragrant and oil is melted. Remove from heat; stir in 3 cups shelled roasted **pistachios**. Spread onto a parchment-lined 15x10x1-in. baking pan. Bake until the pistachios are lightly toasted and appear dry, 15-18 minutes, stirring occasionally. Sprinkle with 3 Tbsp. **brown sugar**; toss to coat. Cool completely. Store in an airtight container. **Makes 3 cups.**

—Redawna Kalynchuk, Rochester, AB ●

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Pet Love

FUREVER YOUNG

BOLSTER YOUR BEST PAL'S LONGEVITY WITH WELLNESS TIPS FROM TRUSTED PROFESSIONALS

More than 60% of American households own a pet, according to the American Veterinary Medical Association. But it's safe to say about 100% of those wish their dog or cat could live longer. This guide is a good place to start! Improve your pet's well-being with expert advice.

Watch their weight. More than half of domesticated cats and dogs are overweight or obese, according to the Association for Pet Obesity Prevention. That can lead to big trouble, including a life span reduced up to 2½ years, according to one study. See whether your furry friend needs to shed some pounds by looking at them from above. You should observe a distinct tuck at the waistline and be able to feel (but not see) the ribs.

Visit the vet. As with humans, regular exams can spot problems soon enough for successful treatment. "Because pets age more quickly than humans, issues can creep up fast," says veterinarian Pete Lands, the chief medical officer at Washington Ave. Animal Hospital in Philadelphia. Keep up on treatments such as vaccinations and deworming.

Squeeze in exercise. For dogs, aim for between 30 minutes and two hours of daily activity, such as walking or running, depending on the breed. Stimulate cats by playing with a laser pointer, providing catnip-infused toys or adding perches to your home.

Tend to their teeth. According to Banfield Pet Hospital, almost 70% of cats and 80% of dogs have dental disease, which may be linked to the development of heart and kidney disease. To avoid that, brush your pet's teeth every day. Then get your pet's teeth professionally cleaned by a vet at least once a year.

Do a DNA test. It might sound crazy, but pinpointing your dog's true genetic history can help protect against breed-specific diseases. DNA tests aren't always completely accurate, but they'll help narrow things down so you can start taking the appropriate measures for your mutt.

Assist them in aging with grace. Cats reach senior status when they're 11 to 14 years old; for dogs, it's around 7 or 8. If your cat has arthritis, consider a litter box with lower walls. Has your pet's vision deteriorated? Place extra lights on stairs and in dark spaces. Consider putting rugs on slick floors and baby gates at the tops of stairs to prevent falls. ●

CASARSAGURU/GETTY IMAGES

Our Promise to Blue Is Our Promise to You

What started as a simple promise to feed an Airedale named Blue like one of the family has turned into the #1 natural pet food company. And while a lot has changed, one thing has always remained the same at Blue Buffalo — a commitment to making the best pet food possible with ingredients you'll feel good about feeding.

BlueBuffaloStory.com

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Feed them like family.®

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STAY ASLEEP LONGER*

* VS. CONTROL - CLINICAL DATA ON FILE WITH FDA IN SUPPORT OF NDA, READ EACH LABEL. USE AS DIRECTED. KEEP OUT OF REACH OF CHILDREN

FAMILY KITCHEN

Meal Plans • Quick Dishes • Smart Cooking

Each of these cozy recipes starts with a convenient can of "cream of" soup, which is an easy way to add loads of rich flavor while cutting down on prep time.

Pressure-Cooker Italian Wedding Soup, P. 18

Quick Fix

Cream of the Crop

A throwback supper-starter gets a modern makeover with these comforting dinners made on the quick

Mini Reuben Casseroles

Pressure-Cooker Italian Wedding Soup

I like to buy large bags of frozen meatballs to have on hand for quick-fix meals. Meatballs can be used in many different ways when I'm in a pinch for time, and they work so nicely in this soup.
CC *Rebecca Yankovich, Springfield, VA*

Prep: **25 min.**
Cook: **10 min. + releasing**
Makes: **10 servings (3¾ qt.)**

- 1 **Tbsp. butter**
- 1 **Tbsp. olive oil**
- 4 **medium carrots, chopped**
- 1 **celery rib, chopped**
- 1 **medium onion, chopped**
- 2 **cartons (32 oz. each) chicken stock**
- 1 **pkg. (26 oz.) frozen fully cooked Italian meatballs**
- 1 **can (10½ oz.) condensed cream of mushroom soup, undiluted**
- ½ **cup uncooked ditalini or other small pasta**
- ½ **tsp. dried oregano**
- ¼ **tsp. pepper**
- 1 **pkg. (10 oz.) fresh spinach (about 13 cups), chopped**

1. Select saute setting on a 6-qt. electric pressure cooker. Adjust for medium heat; add butter and oil. When hot, add carrots, celery and onion; cook and stir until crisp-tender, 4-6 minutes. Press cancel. Stir in stock, meatballs, condensed soup, ditalini, oregano and pepper.
2. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 10 minutes. Allow pressure to naturally release. Stir in spinach until wilted.
1½ CUPS 321 cal., 21g fat (9g sat. fat), 40mg chol., 1242mg sod., 17g carb. (3g sugars, 3g fiber), 18g pro.

Mini Reuben Casseroles

These individual casseroles have the classic flavors of a Reuben sandwich.
—Taste of Home *Test Kitchen*

Prep: **20 min.** • Bake: **20 min.**
Makes: **4 servings**

- 2 **tsp. olive oil**
- 1 **medium onion, chopped**
- 1 **medium green pepper, chopped**
- 2 **cups cooked corned beef or roast beef**
- 1 **can (14 oz.) sauerkraut, rinsed and well drained**
- 1 **can (10½ oz.) condensed cream of chicken soup, undiluted**
- 1¼ **cups shredded Swiss cheese, divided**
- ⅓ **cup 2% milk**
- ½ **cup Thousand Island salad dressing**
- 2 **slices rye bread, cubed**
- 1 **Tbsp. butter, melted**
- ½ **tsp. onion powder**

1. Preheat oven to 350°. In a large skillet, heat oil over medium heat; add onion and pepper. Cook and stir until tender, 3-5 minutes. Stir in the beef, sauerkraut, soup, 1 cup cheese, milk and salad dressing; heat through. Transfer to 4 greased 10-oz. ramekins or custard cups. Place ramekins on a baking sheet.
2. In a small bowl, toss bread cubes with melted butter and onion powder. Arrange over tops. Bake, uncovered, 15 minutes. Sprinkle with remaining ¼ cup cheese. Bake until cheese is melted, 5-10 minutes longer.
1 SERVING 650 cal., 41g fat (15g sat. fat), 130mg chol., 1782mg sod., 31g carb. (12g sugars, 5g fiber), 37g pro.

Bombay Rice with Shrimp

This recipe was given to me by a co-worker whose family is from India. I have served it many times at family get-togethers and brunches, and even at an engagement shower for a friend. I enclosed this recipe with her gift.
—Sherry Flaquel, Cutler Bay, FL

Prep: **25 min.** • Bake: **20 min.**
Makes: **6 servings**

1½ cups uncooked instant rice
1 can (10½ oz.) condensed cream of celery soup, undiluted
½ cup water
2 tsp. curry powder
1 tsp. salt
1 lb. peeled and deveined cooked shrimp (31-40 per lb.)
1 medium onion, chopped
½ cup chopped walnuts
½ cup sweetened shredded coconut
½ cup golden raisins
1 small tart apple, chopped

1. Preheat oven to 350°. Cook rice according to package directions.

2. Meanwhile, in a bowl, combine soup, water, curry and salt. Stir in shrimp, onion, walnuts, coconut, raisins, apple and rice. Transfer to a greased 11x7-in. baking dish.

3. Bake, uncovered, until heated through, 20-25 minutes.

1⅓ CUPS 367 cal., 13g fat (4g sat. fat), 117mg chol., 802mg sod., 43g carb. (14g sugars, 4g fiber), 20g pro. ●

Tart apples add brightness to this flavorful dish. Look for varieties such as Braeburn, McIntosh or Granny Smith to add a lovely acidic balance.

Bombay Rice with Shrimp

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Meal Planner

Theme-Night Delights

Clear the calendar for your favorite dishes every weekday. The what's-for-dinner dilemma is solved with these ready-made menu ideas.

Add a pop of color and fresh flavor to your plate with **Broccoli with Sauteed Red Pepper.** Hover your camera here for the full recipe.

MEATLESS MONDAY

Italian Grilled Cheese Sandwiches

I created this recipe for the students in the nutrition class I teach. Kids like the sandwiches so much, they often go home and fix it for their families.
—*Beth Hiott, York, SC*

Takes: **25 min.**
Makes: **4 servings**

8	**slices Italian bread**
4	**Tbsp. prepared pesto**
4	**slices provolone cheese**
4	**slices part-skim mozzarella cheese**
5	**tsp. olive oil**
	Marinara sauce, warmed, optional

1. Spread 4 bread slices with pesto. Layer with cheeses; top with remaining bread. Brush outsides of sandwiches with oil.

2. Using a large cast-iron skillet or electric griddle, toast the sandwiches over medium heat until the cheese is melted, 3-4 minutes on each side. If desired, serve with marinara.

1 SANDWICH 445 cal., 27g fat (10g sat. fat), 35mg chol., 759mg sod., 32g carb. (1g sugars, 2g fiber), 20g pro.

Italian Grilled Cheese Sandwiches

Shortcut Fish Tacos

TACO TUESDAY

Shortcut Fish Tacos

These fish tacos are an adaptation of a dish I was served in Bermuda. They're quick because there's so little prep work involved.
—*Jennifer Reid, Farmington, ME*

Takes: **20 min.** • Makes: **4 servings**

- **1½ lbs. sole or cod fillets, cut into 1-in. strips**
- **1 Tbsp. taco seasoning**
- **3 Tbsp. butter, cubed**
- **1 pkg. (10 oz.) angel hair coleslaw mix**
- **½ cup minced fresh cilantro**
- **½ cup mayonnaise**
- **1 Tbsp. lime juice**
- **1 tsp. sugar**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **8 corn tortillas or taco shells, warmed**
- **Lime wedges**

1. Sprinkle fish with taco seasoning. In a large skillet, melt butter over medium heat; add fish. Cook until fish just begins to flake easily with a fork, 3-4 minutes on each side.
2. Meanwhile, in a bowl, combine coleslaw, cilantro, mayonnaise, lime juice, sugar, salt and pepper.
3. Place fish in the tortillas. Top with coleslaw mixture; serve with lime wedges.

2 TACOS 510 cal., 37g fat (11g sat. fat), 109mg chol., 1170mg sod., 20g carb. (4g sugars, 3g fiber), 23g pro.

Alongside these Bermuda-style tacos, **Cheesy Black Beans & Rice** is a no-brainer. Hover your camera here for the recipe.

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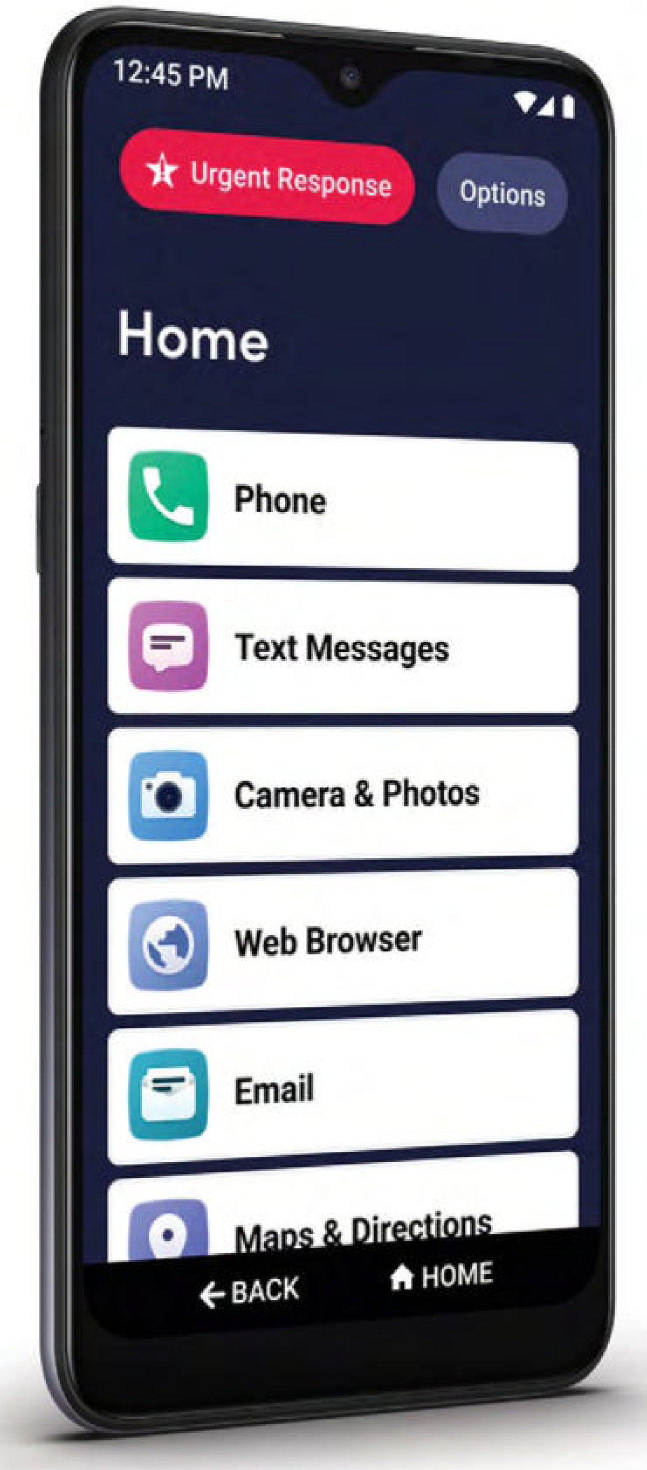

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White Chili with Chicken

Folks who enjoy a change from traditional tomato-based chilis will enjoy this version. The flavorful blend has tender chunks of chicken, white beans and just enough zip.
—*Christy Campos, Richmond, VA*

Takes: **30 min.** • Makes: **6 servings**

1 Tbsp. canola oil
1 medium onion, chopped
1 jalapeno pepper, seeded and chopped, optional
2 garlic cloves, minced
4 cups chicken broth
2 cans (15½ oz. each) great northern beans, rinsed and drained
2 Tbsp. minced fresh parsley
1 Tbsp. fresh lime juice
1 to 1¼ tsp. ground cumin
2 Tbsp. cornstarch
¼ cup cold water
2 cups shredded cooked chicken
Optional: Chopped fresh cilantro, chopped red onion, sliced jalapenos and lime wedges

1. In a large saucepan, heat oil over medium heat; add the onion and, if desired, jalapeno pepper. Cook and stir until tender, 3-5 minutes. Add garlic; cook 1 minute longer. Stir in broth, beans, parsley, lime juice and cumin. Bring to a boil. Reduce heat; cover and simmer for 10 minutes, stirring occasionally.

2. Combine cornstarch and water until smooth; gradually stir into chili. Bring to a boil; cook and stir until thickened, 1-2 minutes. Add the chicken; heat through. If desired, serve with toppings and lime wedges.

1¼ CUPS 254 cal., 7g fat (1g sat. fat), 42mg chol., 820mg sod., 27g carb. (2g sugars, 8g fiber), 22g pro. **DIABETIC EXCHANGES** 3 lean meat, 2 starch, ½ fat.

FREEZE OPTION Freeze cooled soup in freezer containers. To use, partially thaw soup in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add broth if necessary.

Bulk up this protein-packed soup even more with a slab of butter-smeared **Bacon Cornbread.** Hover your camera here for the recipe.

White Chili with Chicken

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STIR-FRY THURSDAY

HEART HEALTHY

Beef Stir-Fry with Peanut Sauce

The flavor of this stir-fry is very similar to that of restaurant dishes. A pleasant peanut sauce coats the meat and vegetables, giving the entree a touch of Thai flair.
—Janet Lowe, Kennewick, WA

Takes: **25 min.** • Makes: **6 servings**

- **2 Tbsp. cornstarch**
- **¾ cup water**
- **2 Tbsp. plus 1½ tsp. chunky peanut butter**
- **4 Tbsp. reduced-sodium soy sauce, divided**
- **2 Tbsp. olive oil**
- **1½ lbs. beef top sirloin steak, thinly sliced**
- **¼ tsp. pepper**
- **1 each medium green, sweet red and yellow pepper, julienned**
- **1 can (8 oz.) bamboo shoots, drained**
- **½ cup julienned carrot**
- **½ tsp. crushed red pepper flakes**
- **1½ tsp. minced garlic**
- **Hot cooked rice**

1. In a bowl, whisk the cornstarch and water until smooth. Stir in the peanut butter and 3 Tbsp. soy sauce; set aside.

2. In a large skillet or wok, heat oil over medium-high heat. Add beef, pepper and remaining 1 Tbsp. soy sauce. Cook and stir until meat is no longer pink, 4-6 minutes; remove and keep warm. Add peppers, bamboo shoots, carrot and pepper flakes; cook and stir until peppers are crisp-tender, 2-3 minutes. Add garlic; cook 1 minute longer.

3. Stir cornstarch mixture and add to pan. Bring to a boil; cook and stir until thickened, about 1 minute. Return beef mixture to pan. Serve with rice.

¾ CUP 268 cal., 13g fat (3g sat. fat), 46mg chol., 708mg sod., 10g carb. (3g sugars, 2g fiber), 28g pro.
DIABETIC EXCHANGES 3 lean meat, 2 fat, 1 vegetable.

Crunchy, dippable **Effortless Egg Rolls** round out this Asian-inspired meal. Hover your camera here for the full recipe.

Beef Stir-Fry with Peanut Sauce

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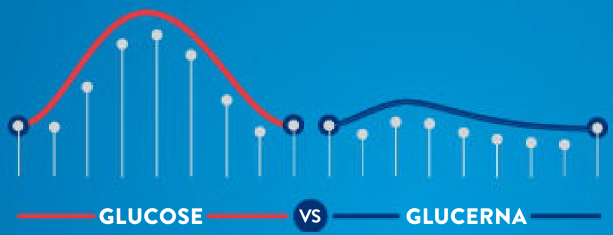

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Turkey Club Pizza

PIZZA FRIDAY

Turkey Club Pizza

This easy pizza will be a hit with your family. And it'll keep you out of the kitchen! It's perfect for busy school nights, on hectic weekends or any time you just don't want to wait on dinner.

—Pippa Milburn, Dover, OH

Takes: **20 min.** • Makes: **8 servings**

1	**prebaked 12-in. pizza crust**
½	**cup mayonnaise**
1½	**cups shredded Monterey Jack cheese, divided**
1	**cup chopped cooked turkey**
8	**bacon strips, cooked and crumbled**
2	**plum tomatoes, sliced**
	Shredded lettuce, optional

Preheat oven to 450°. Place pizza crust on a baking sheet; spread with mayonnaise. Top with 1 cup cheese, turkey, bacon and tomatoes. Sprinkle with remaining ½ cup cheese. Bake until cheese is melted, 10-12 minutes. If desired, top with lettuce.

1 PIECE 367 cal., 22g fat (6g sat. fat), 42mg chol., 688mg sod., 23g carb. (1g sugars, 0 fiber), 18g pro. ●

Creamy **Easy Caesar Salad** is a classic for a reason—especially when paired with pizza. Hover your camera here for the full recipe.

GET BACK TO THINGS YOU PUT ON HOLD BECAUSE OF ASTHMA*

FASENRA is proven to help:
- prevent asthma attacks
- improve breathing
- lower daily use of oral steroids*

It's only 1 maintenance dose every 8 weeks† and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**

*Results may vary.
†The first 3 doses are given on day 1, week 4, and week 8.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. It is not known if FASENRA is safe and effective in children under 12 years of age.

IMPORTANT SAFETY INFORMATION

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:
- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - o swelling of your face, mouth and tongue
  - o breathing problems
  - o fainting, dizziness, feeling lightheaded (low blood pressure)
  - o rash
  - o hives

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:
- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit **www.FDA.gov/medwatch** or call **1-800-FDA-1088**.

Please see Brief Summary of full Prescribing Information on following page.

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Fasenra®
(benralizumab) Subcutaneous Injection 30 mg
Breathtaking Science. Breath-Giving Medicine.

IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
    - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.
- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA?

FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
    - swelling of your face, mouth and tongue
    - breathing problems
    - fainting, dizziness, feeling lightheaded (low blood pressure)
    - rash
    - hives

The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA.
Call your doctor for medical advice about side effects.
You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days.**
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α,α-trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.
Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

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For more information, visit **FASENRA.com**
Or call **1-800-236-9933**

Fasenra®
(benralizumab) Subcutaneous Injection 30 mg

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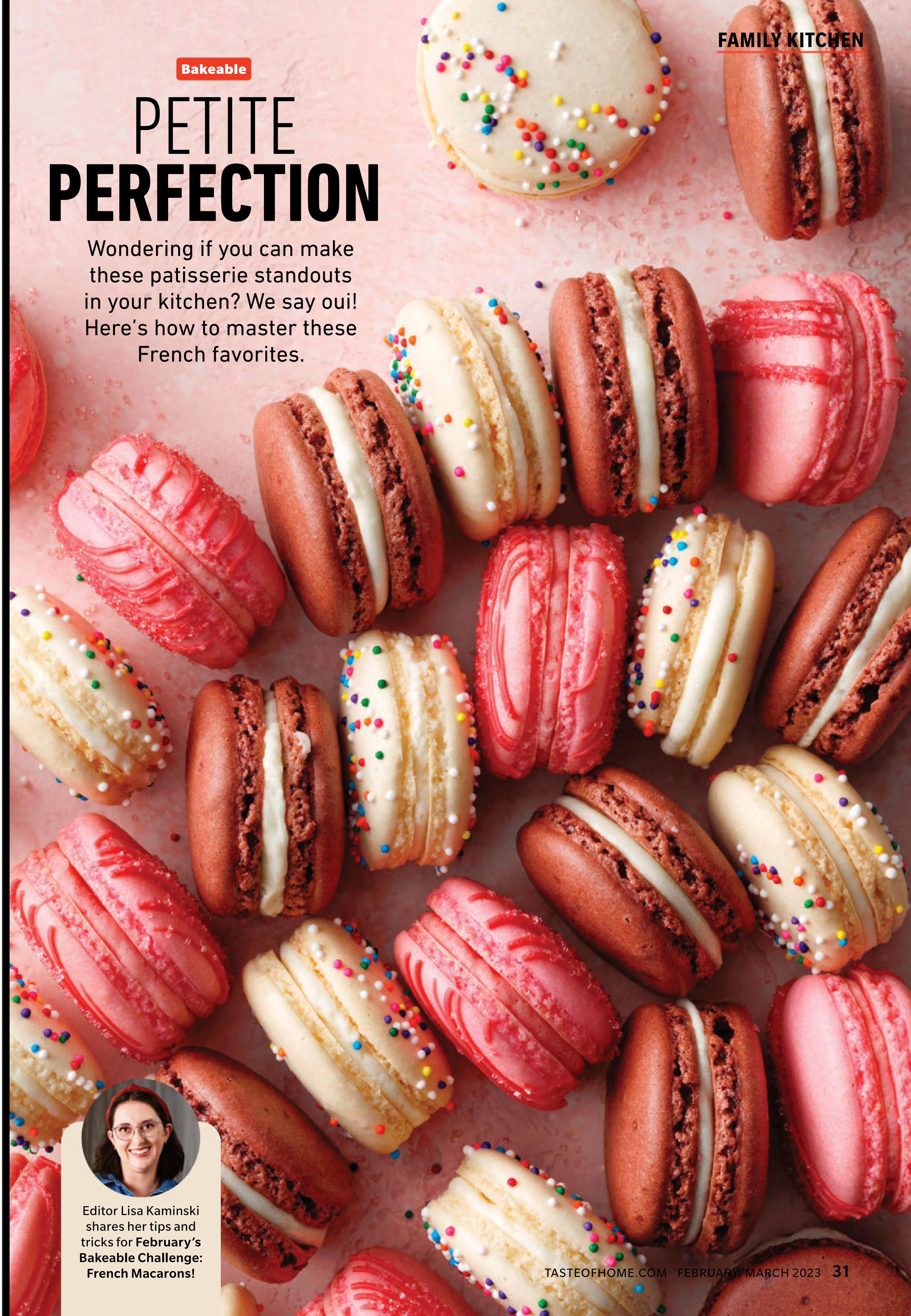


Bakeable

PETITE PERFECTION

Wondering if you can make these patisserie standouts in your kitchen? We say oui! Here's how to master these French favorites.

Editor Lisa Kaminski shares her tips and tricks for **February's Bakeable Challenge: French Macarons!**

LISA'S TOP TOOLS

Food Processor
Even though almond flour is already fine, I pulse it with the confectioners' sugar in a food processor before making the batter. This extra step gives these cookies the right texture.

KitchenAid Cordless 5-Cup Food Chopper *$100* **kitchenaid.com**

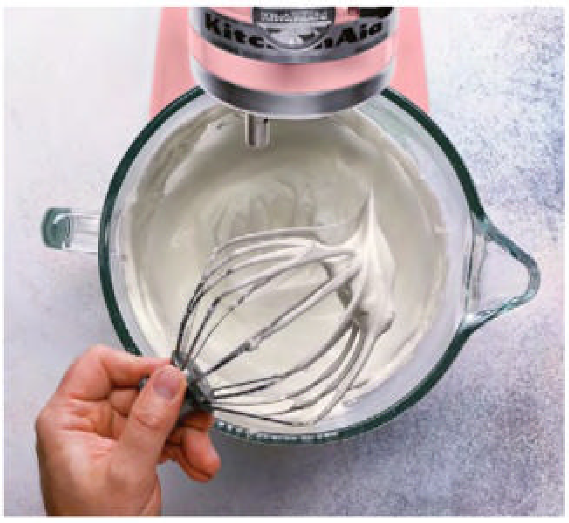
Silicone Spatula
Get your folding technique just right with a large, flexible spatula. GIR is one of my go-to brands—and it's also a Test Kitchen favorite.

GIR Spatula *$13* **gir.co**

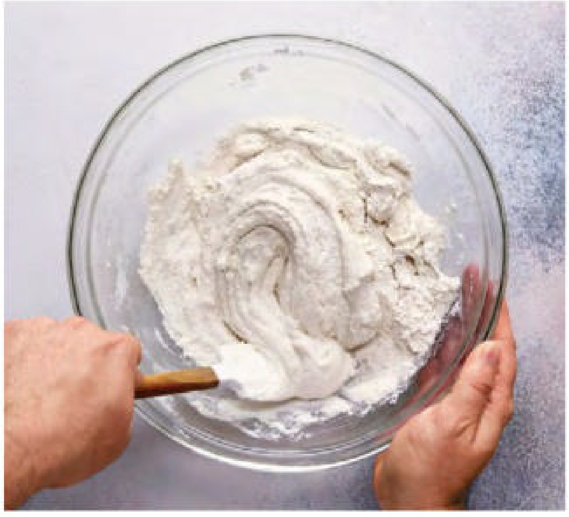
PERFECT MACARON
SILPAT

Baking Mat with Guides
Make sure your macarons are all the same size. This silicone mat makes it easy to pipe identical cookies.

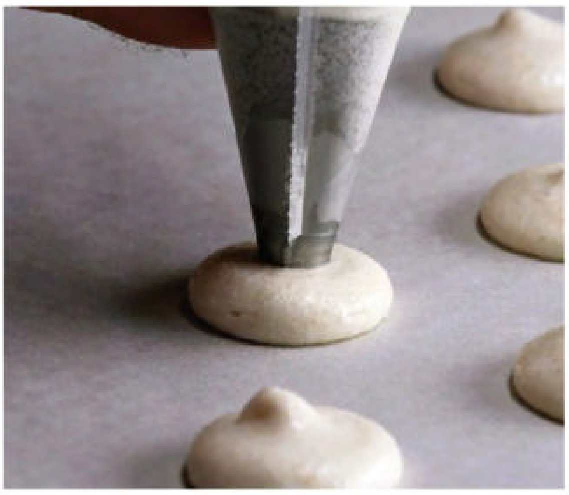
Silpat Macaron Half-Sheet Baking Mat *$30* **surlatable.com**



STEP 1: WHISK THE EGG WHITES
Meringue forms the foundation of these cookies. Beat egg whites and salt until frothy, then slowly add the superfine and confectioners' sugars. Whisk until you have stiff, glossy peaks.



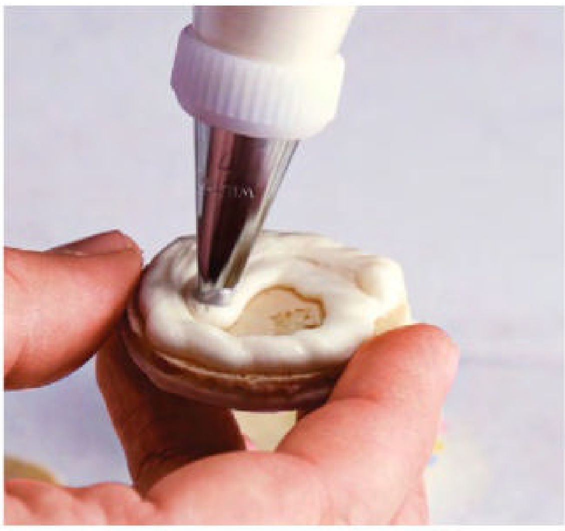
STEP 2: FOLD IN THE ALMOND FLOUR
Take your time to fold the almond flour mix into the meringue, adding a third of the flour at a time. Be careful not to deflate the egg whites; they give the cookies their texture and lift.



STEP 3: PIPE MACARON SHELLS
Add the batter to a piping bag fitted with a round tip. Hold the bag perpendicular to your baking sheet and pipe circles. Use a mat with guides or draw them yourself with a template (a shot glass works!).

STEP 4: REST, THEN BAKE
After piping, don't rush to the oven. Let the shells dry out at room temperature. They're ready to bake when the tops of the cookies are no longer tacky to the touch. Be patient.

STEP 5: MAKE THE BUTTERCREAM
The filling for these cookies is a simple buttercream. Start by beating room-temperature butter and confectioners' sugar, then add cream, vanilla extract and salt. Make sure you're using a good quality vanilla for the best flavor.



STEP 6: FILL WITH BUTTERCREAM
Lastly, use a pastry bag fitted with a round tip to pipe a generous dollop of buttercream filling on the bottoms of half the macaron shells. Then top with the remaining cookies for the perfect French confection.

French Macarons

—Josh Rink, Food Stylist
Taste of Home

Prep: **1 hour + standing**
Bake: **15 min./batch + cooling**
Makes: **30 macarons**

MACARON SHELL
1⅓ **cups almond flour**
2¼ **cups confectioners' sugar, divided**
4 **large egg whites, room temperature**
⅛ **tsp. salt**
2 **Tbsp. superfine sugar**
Nonpareils, optional

BUTTERCREAM FILLING
¼ **cup unsalted butter, softened**
1 **cup confectioners' sugar**
2 **Tbsp. heavy whipping cream**
½ **tsp. vanilla extract**
⅛ **tsp. salt**

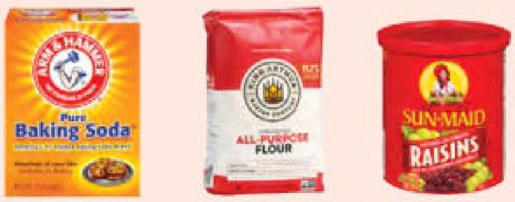
1. Place almond flour and 1¾ cups confectioners' sugar in a food processor; pulse until thoroughly mixed to ensure almond flour is very fine. Pass the almond flour mixture through a fine-mesh sieve; discard any large pieces that remain.
2. Place egg whites and salt in a very clean bowl of a stand mixer fitted with a whisk attachment; whisk on medium-low speed until frothy. Slowly add superfine sugar; whisk until dissolved, 1-2 minutes. Slowly add remaining ½ cup confectioners' sugar; increase speed to high and whip until meringue is glossy and stiff peaks form, 1-2 minutes.
3. Gently fold the almond flour mixture into meringue, a third at a time. Using the side of a spatula, smooth batter up sides of bowl several times to remove air bubbles and ensure there are no lumps; do not overmix. Run spatula down the center of the bowl; the line in the batter should remain visible for a moment before mixture runs back into itself.
4. Position rack in upper third of oven; preheat oven to 300°. Transfer batter into a pastry bag fitted with a #7 or #10 round tip. Pipe 1⅜-in. rounds onto a parchment-lined tray about 1 in. apart. Tap the tray against counter 2-3 times to remove excess air bubbles. If desired, sprinkle with nonpareils. Let macarons rest until no longer wet or sticky to the touch, 30-60 minutes. Bake, 1 tray at a time, until cookies rise about ⅛ in. to form feet, 14-16 minutes, rotating tray halfway through baking. Remove tray and let macarons cool completely; repeat with remaining trays. Once macarons have cooled completely, remove from parchment.
5. To make filling, cream butter in a stand mixer fitted with a whisk attachment; slowly add the confectioners' sugar until incorporated. Add heavy cream, vanilla and salt; mix until smooth. Pour frosting into a pastry bag fitted with a small round tip; pipe onto the bottoms of half the macarons. Top with remaining macaron shells. Refrigerate, covered, until ready to serve.
1 MACARON 101 cal., 4g fat (1g sat. fat), 5mg chol., 26mg sod., 16g carb. (14g sugars, 0 fiber), 2g pro.
Strawberry Variation: For macaron shells: Add pink gel food coloring (do not use liquid food coloring) to whipped meringue until desired color. For filling: Add 1 Tbsp. strawberry powder to confectioners' sugar. If desired, add 2-3 drops strawberry flavoring to frosting. Pipe a circle of frosting onto bottoms of half the shells. Place ¼ tsp. strawberry jam in center of each frosting circle. Top with the remaining shells.
Chocolate Variation: For macaron shells: Add 2 Tbsp. dark cocoa powder to almond flour and confectioners' sugar before sifting. ●

BAKEABLE

HERE'S WHAT'S BEEN HAPPENING IN OUR BAKEABLE COMMUNITY ONLINE!

"I stirred up a chocolate chip pie. Now this is the way to kick off the weekend!"
—**Bakeable member Kimberlee Pine Ho**

OUR MARCH CHALLENGE:
A CLUE FOR YOU!



We'll announce our next Bakeable Challenge recipe on March 1. Until then, can you guess what it may be from these ingredients? Here's a hint: You won't need a whole lot of luck for this bake to turn out delicious!

Come join the fun! Hover your camera here to join Bakeable, *Taste of Home*'s community for all things baking. You'll get expert tips, meet a supportive group of creative bakers and be the first to see our monthly challenge announcements!

MAPLE NUT TRUFFLES
BIRTHDAY CAKE TRUFFLES
CHAMPAGNE TRUFFLES
COCONUT TRUFFLES
DARK CHOCOLATE TRUFFLES

Tasty 10

THE TRUFFLE SHUFFLE

This Valentine's Day, treat your sweetie—or your sweet tooth—to these ever-so-clever confections

MAPLE NUT TRUFFLES

In a small bowl, beat 4 oz. softened **cream cheese**, 1½ cups **confectioners' sugar** and ¾ tsp. **maple flavoring** until smooth. Gradually beat in 1½ cups melted and slightly cooled **semisweet chocolate chips**. Cover and refrigerate until firm, about 15 minutes. Shape into 1-in. balls; roll in 1 cup chopped **walnuts**.

BIRTHDAY CAKE TRUFFLES

Prepare and bake 1 regular-size **funfetti cake mix** according to package directions, using a greased 13x9-in. baking pan. Cool completely on a wire rack. Crumble cake into a large bowl. Add one 15.6-oz. can **funfetti vanilla frosting with candy bits** and mix well. Shape into 1¼-in. balls. Place on baking sheets. Freeze until firm, at least 2 hours. Dip in 1 lb. melted **white candy coating**. Place on waxed paper; sprinkle with **jimmies or nonpareils**.

CHAMPAGNE TRUFFLES

Simmer 1 cup **champagne** until reduced to ⅓ cup; cool slightly. Place 2 lbs. chopped **semisweet chocolate** in a bowl. Heat 1½ cups **heavy whipping cream** just to a boil. Pour over chocolate; stir until smooth. Stir in ½ cup cubed **unsalted butter** and the cooled champagne. Cool to room temperature, stirring occasionally. Refrigerate until firm, about 3 hours. Shape into 1-in. balls. Cover and refrigerate for at least 1 hour. Dip truffles in 1 lb. melted **dark chocolate candy coating**. Place on waxed paper; let stand until set. Brush with **edible gold glitter or sprinkles**.

COCONUT TRUFFLES

In a large bowl, combine 6 cups **confectioners' sugar**, one 14-oz. can **sweetened condensed milk**, 4 Tbsp. melted **butter**, ½ tsp. **coconut extract** and 1 cup **sweetened shredded coconut**. Refrigerate until firm, about 2 hours. Shape into 1-in. balls; roll in additional coconut.

DARK CHOCOLATE TRUFFLES

Place 1 lb. **dark chocolate chips** in a bowl. Heat 1 cup **heavy whipping cream** and 2 Tbsp. **corn syrup** just to a boil. Pour over chocolate; stir until smooth. Stir in 2 Tbsp. softened **butter**. Cool to room temperature, stirring occasionally. Refrigerate until firm, about 3 hours. Shape into 1-in. balls; roll in **baking cocoa**.

EASY COOKIE TRUFFLES

Process one 15.5-oz. pkg. **Oreo cookies** in a food processor until finely crushed. Add one 8-oz. pkg. cubed **cream cheese**; process until blended. Roll into 1-in. balls. Roll in 1 cup **chocolate wafer crumbs**.

RED VELVET TRUFFLES

Prepare and bake 1 regular-size **red velvet cake mix** according to package directions, using a greased 13x9-in. baking pan. Cool completely on a wire rack. Crumble cake into a large bowl. Add one 16-oz. can **cream cheese frosting** and mix well. Shape into 1¼-in. balls. Place on baking sheets. Freeze until firm, at least 2 hours. Dip a third of the cake balls in each 1 lb. melted **white candy coating**, 1 lb. melted **milk chocolate** and 1 lb. melted **dark chocolate candy coating**; place on waxed paper. If desired, drizzle with any remaining chocolate or candy coating.

NUTTER BUTTER TRUFFLES

Process one 1-lb. pkg. **Nutter Butter cookies** in a food processor until finely crushed. Add one 8-oz. pkg. softened **cream cheese**; process until blended. Roll into 1-in. balls. Dip half the balls in 8 oz. melted **milk chocolate**. Place on waxed paper. Repeat with remaining balls and 8 oz. melted **white candy coating**. Drizzle 3 oz. melted **bittersweet chocolate** over truffles.

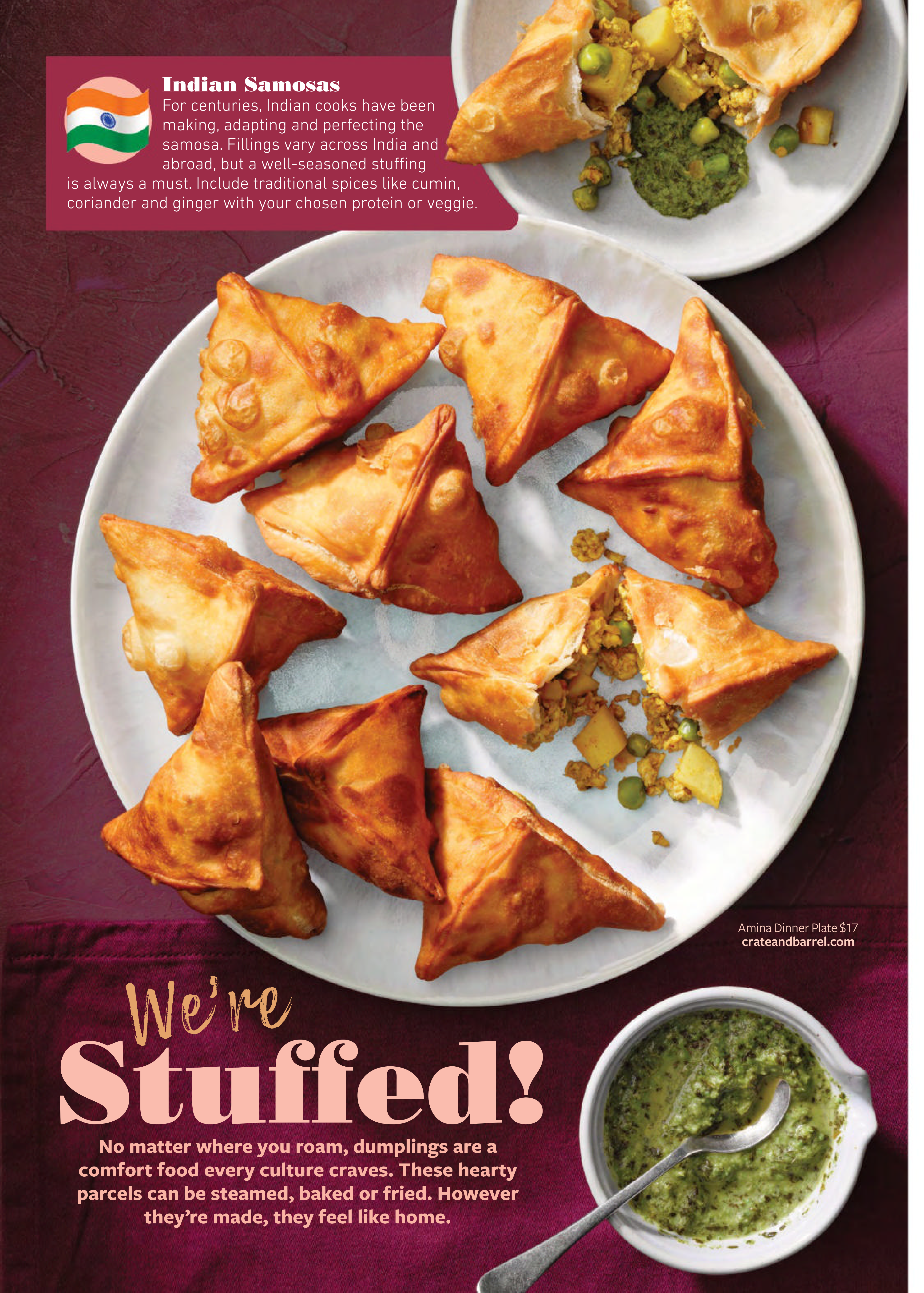
STRAWBERRY CHOCOLATE TRUFFLES

Process four 7-oz. **milk chocolate candy bars** in a food processor until chopped. Heat 1 cup **heavy whipping cream** just to a boil. Pour over chocolate; process until smooth. Stir in ¼ cup **strawberry spreadable fruit** and 1½ tsp. **vanilla** until combined. Transfer to a small bowl; cool to room temperature, stirring occasionally. Refrigerate until firm, about 3 hours. Shape into 1-in. balls. Roll in 1¼ cups toasted chopped **almonds**.

CHOCOLATE RUM TRUFFLES

Place 12 oz. chopped **semisweet chocolate** in a bowl. Heat 1 cup **heavy whipping cream** just to a boil. Pour over chocolate; stir until smooth. Stir in ⅓ cup cubed **butter** and 1 tsp. **rum extract**. Cool to room temperature, stirring occasionally. Cover and refrigerate until firm, about 6 hours. Shape into 1-in. balls. Cover and refrigerate for at least 1 hour. Combine ½ cup toasted finely chopped **pecans** and 2 oz. grated **semisweet chocolate**. Roll truffles in nut mixture. ●

FOR ALL TRUFFLES, STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE.



We're Stuffed!

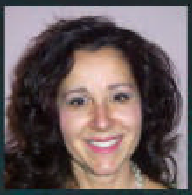
No matter where you roam, dumplings are a comfort food every culture craves. These hearty parcels can be steamed, baked or fried. However they're made, they feel like home.

Indian Samosas

For centuries, Indian cooks have been making, adapting and perfecting the samosa. Fillings vary across India and abroad, but a well-seasoned stuffing is always a must. Include traditional spices like cumin, coriander and ginger with your chosen protein or veggie.

Amina Dinner Plate $17
crateandbarrel.com

PORK & CHIVE POT STICKERS



Here's my top make-ahead appetizer. My three kids are old enough to cook these pot stickers right from the freezer.
—*Marisa Raponi, Vaughan, ON*

Prep: **1 hour** • Cook: **5 min./batch**
Makes: **5 dozen**

2	**carrots, finely chopped**
1	**small onion, finely chopped**
½	**cup finely chopped water chestnuts**
⅓	**cup minced fresh chives**
1	**large egg white, lightly beaten**
3	**Tbsp. reduced-sodium soy sauce**
½	**tsp. pepper**
1	**lb. ground pork**
60	**pot sticker or gyoza wrappers**
3	**Tbsp. canola oil, divided**
1	**cup chicken broth, divided**

1. Combine the first 7 ingredients. Add pork; mix lightly but thoroughly. Place a scant 1 Tbsp. filling in the center of each wrapper. (Cover remaining wrappers.)
2. Moisten wrapper edges with water. Fold wrapper over filling; seal edges, pleating the front side several times to form a pouch. Stand pot stickers on a work surface to flatten bottoms; curve slightly to form crescent shapes.
3. In a large nonstick skillet, heat 1 Tbsp. oil over medium-high heat. Arrange a third of the pot stickers in concentric circles in pan, flat side down; cook until bottoms are golden brown, 1-2 minutes.
4. Add ⅓ cup broth (broth may splatter); reduce heat to medium-low. Cook, covered, until broth is almost absorbed and filling is cooked through, 2-3 minutes. Uncover; cook until bottoms are crisp and broth is completely evaporated, about 1 minute. Repeat with remaining oil, pot stickers and broth. If desired, serve with additional soy sauce and top with additional chives.

FREEZE OPTION Place uncooked pot stickers on waxed paper-lined baking sheets; freeze until firm. Transfer to airtight freezer containers. To use, cook frozen pot stickers as directed, increasing broth to ½ cup and the simmering time to 4-6 minutes for each batch.

1 POT STICKER 39 cal., 2g fat (0 sat. fat), 6mg chol., 66mg sod., 4g carb. (0 sugars, 0 fiber), 2g pro.

Chinese Pot Stickers

Referred to as *jiaozi* in Mandarin, these dumplings can be filled with everything, including pork, veggies, chicken and tofu. The secret to the tempting texture is to both fry and steam the dumplings. Frying gives the pot stickers a crispy base, while steaming cooks the filling through.

Czech Bread Dumplings

Transform day-old slices of bread into *knedlíky*. While you'll find many versions of these dumplings in eastern Europe, a simply seasoned version is the perfect match for the rich stews and roasts popular in Czech cuisine.

Serve these dumplings with your favorite stew or saucy entree.

Julo Salad Plate $15
crateandbarrel.com

BREAD DUMPLINGS

I remember enjoying these dumplings as a kid with roast pork or *svickova*, a Czech recipe for braised beef roast. This was one of my Bohemian grandfather's favorite side dishes. Later, my mother passed the recipe down to me. —*Peggy Woodward,* Taste of Home *Senior Food Editor*

Prep: **15 min. + standing**
Cook: **25 min.** • Makes: **8 servings**

2	**cups all-purpose flour**
2½	**tsp. baking powder**
1½	**tsp. salt**
1	**tsp. caraway seeds**
2	**slices white bread, toasted and cut into ½-in. squares**
½	**cup 2% milk**
¼	**to ½ cup water**
	Gravy, warmed

1. In a large bowl, combine first 5 ingredients. Stir in the milk and enough water to be able to shape mixture into a loaf. Turn out onto a lightly floured surface. Shape into a 8x4-in. oval loaf. Cover and let stand 10 minutes.

2. Meanwhile, bring 12 cups water to a boil in a Dutch oven. Gently add dumpling; return water to a simmer. Cover and simmer 15 minutes. Turn dumpling over. Cover and simmer until a toothpick inserted in the center comes out clean, 8-12 minutes longer. Gently remove to a cutting board using 2 slotted spoons. Using a serrated knife, gently cut into slices. Serve warm with gravy.

1 PIECE 142 cal., 1g fat (0 sat. fat), 1mg chol., 636mg sod., 28g carb. (1g sugars, 1g fiber), 4g pro.
DIABETIC EXCHANGES 2 starch.

FLAGS THROUGHOUT: FOURLEAFLOVER/GETTY IMAGES

Our favorite addition to this old-fashioned recipe: a generous scoop of ice cream.

Canadian Maple Syrup Dumplings

These biscuitlike dumplings, aka *grands-peres*, are the comfort-food creation of French Canadian loggers. This maple syrup-drizzled recipe has old-fashioned roots, but these dumplings are just as delicious now as ever.

Jewish Knish

Despite coming from all parts of Europe, Jewish immigrants arriving in America in the early 20th century found they had similar recipes for filled dumplings. Known by various names in multiple languages, folks settled on the Yiddish term *knish*. You'll find these pockets stuffed with everything from sweets to savories, but classic potato is a delightful place to start.

CHICKEN SAMOSAS

This samosa recipe is best served with yogurt dipping sauce or chutney (like coriander and mint, tamarind or sweet mango). The dough and filling can be made ahead for quick assembly before guests arrive.
—Taste of Home *Test Kitchen*

Prep: **15 min. + resting**
Cook: **25 min.** • Makes: **16 servings**

4 cups all-purpose flour
1 tsp. salt
⅔ cup canola oil
¾ cup water
FILLING
1 Tbsp. canola oil
1 small onion
½ cup chopped peeled potato
2 Tbsp. curry powder
2 garlic cloves, minced
2 tsp. minced fresh gingerroot
½ tsp. ground cumin
½ tsp. ground coriander
¼ tsp. cayenne pepper
¾ lb. ground chicken
½ cup frozen peas
½ tsp. salt
Oil for deep-fat frying
Chutney, optional

1. In a small bowl, combine flour, salt and oil until mixture resembles bread crumbs. Gradually stir in water until smooth. Turn onto a lightly floured surface; knead until smooth and elastic, 6-8 minutes. Cover and let rest for 30 minutes.
2. Meanwhile, in a large skillet, heat oil over medium heat. Add onion and potato; cook and stir until potato is almost tender, 5-7 minutes. Add curry, garlic, ginger, cumin, coriander and cayenne; cook 2 minutes longer. Add chicken; cook and stir until chicken is no longer pink and potato is tender, 5-6 minutes, breaking chicken into crumbles. Stir in peas and salt. Remove from heat.
3. Divide dough into 8 pieces. Roll 1 piece of dough into a 9x6-in. oval. Cut dough in half. Moisten straight edge with water. Bring 1 corner of half moon up to meet the other corner of the half moon, forming a cone. Pinch seam to seal. Fill with about 2 Tbsp. chicken mixture. Moisten curved edge of dough with water; fold over top of filling and press seam to seal. Repeat with remaining dough and filling.
4. In an electric skillet or deep fryer, heat oil to 375°. Add samosas, a few at a time, into hot oil. Fry until golden brown, 2-3 minutes on each side. Drain on paper towels. Serve warm, with chutney if desired.

1 SAMOSA 325 cal., 21g fat (2g sat. fat), 14mg chol., 240mg sod., 26g carb. (1g sugars, 2g fiber), 7g pro.

QUEBEC MAPLE SYRUP DUMPLINGS (GRANDS-PERES)

These quick and easy maple dumplings are so delicious! They are a classic French Canadian dessert that's comfort food at its best.
—Francine Lizotte, Langley, BC

Prep: **15 min.** • Cook: **15 min.**
Makes: **8 servings**

2 cups all-purpose flour
2 Tbsp. sugar
4 tsp. baking powder
½ tsp. kosher salt
3 Tbsp. unsalted butter
1 cup 2% milk
½ tsp. vanilla extract
SAUCE
2½ cups water
2 cups packed brown sugar
½ cup unsalted butter, cubed
½ cup maple syrup
½ tsp. vanilla extract
Vanilla ice cream

1. In a large bowl, combine flour, sugar, baking powder and kosher salt. Cut in butter until crumbly. Gradually add milk and vanilla, tossing with a fork until dough comes together; set aside.
2. In a Dutch oven, combine water, brown sugar, butter, syrup and vanilla. Cook on high until mixture reaches a simmer. Drop dough by tablespoonfuls on top of the simmering liquid. Reduce heat to low; cover and cook until a toothpick inserted in the center of dumplings comes out clean, 13-15 minutes, spooning sauce over dumplings halfway through cooking.
3. Serve warm with ice cream.

2 DUMPLINGS WITH ⅓ CUP SAUCE 544 cal., 17g fat (10g sat. fat), 44mg chol., 395mg sod., 96g carb. (70g sugars, 1g fiber), 4g pro.

KNISH

Knish is a classic Jewish comfort food. Sometimes I make this recipe as tiny appetizers, which are more like rolls.
—Marlena Spieler, Waterlooville, UK

Prep: **15 min. + chilling**
Bake: **15 min.** • Makes: **48 servings**

6½ cups all-purpose flour
3 tsp. baking powder
1½ tsp. salt
1½ cups cold butter
9 oz. sour cream
3 to 4 Tbsp. water
FILLING
1 lb. medium potatoes, peeled and cubed (about 2 cups)
¼ cup butter, cubed
3 medium onions, finely chopped
1 tsp. salt
¼ tsp. pepper
2 large eggs, divided use
Sour cream, optional

1. For the pastry, in a large bowl, combine flour, baking powder and salt. Cut in butter until crumbly. Stir in sour cream, adding 3-4 Tbsp. water to form a dough. Shape into a disk; mixture will be crumbly. Wrap and refrigerate 2 hours or overnight.
2. Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 8-10 minutes.
3. Meanwhile, in a large skillet, melt butter over medium-high heat. Add onions; cook and stir until tender, 8-10 minutes.
4. Drain potatoes. Return to pan; stir over low heat 1 minute to dry. Mash potatoes; stir in onion mixture, salt and pepper. Set aside to cool. Lightly beat 1 egg; stir into potato mixture.
5. Preheat oven to 400°. On a lightly floured surface, roll dough into three 10x12-in. rectangles. Cut each into 16 squares. Spoon 1 Tbsp. filling in middle of each square. Brush edges with water. Fold each corner toward center, meeting in middle. Arrange, seam side down, on ungreased baking sheets. Lightly beat remaining egg; brush over knish. Bake until lightly browned, 15-20 minutes. If desired, serve with sour cream.

1 KNISH 143 cal., 8g fat (5g sat. fat), 29mg chol., 212mg sod., 15g carb. (1g sugars, 1g fiber), 2g pro. ●

ZERO SEIZURES.
IT'S A POSSIBILITY I FIGHT FOR

Once-daily XCOPRI® (cenobamate tablets) CV is a prescription medicine used to treat partial-onset seizures in adults 18 years of age or older.

LIFE WITHOUT SEIZURES MAY BE POSSIBLE WITH XCOPRI

In a clinical study, participants taking XCOPRI had their partial-onset seizures reduced by as much as 55% vs 24% for participants taking placebo*†

Some participants taking XCOPRI had their seizures reduced to zero*†

21% of participants who took XCOPRI 400 mg daily*

11% of participants who took XCOPRI 200 mg daily*

4% of participants who took XCOPRI 100 mg daily*

Compared with **1%** of participants who took **placebo** (sugar pill).*

*During an 18-week study (6-week titration period and 12-week maintenance phase) when participants were taking either XCOPRI or placebo (sugar pill), which were added to their antiepileptic medications to treat partial-onset seizures.

†Individual results may vary.

Ready to join the fight? Talk with your healthcare provider about adding XCOPRI to your treatment regimen. Visit XCOPRI.com to learn more

IMPORTANT SAFETY INFORMATION and INDICATION for XCOPRI® (cenobamate tablets) CV

DO NOT TAKE XCOPRI IF YOU:

- Are allergic to cenobamate or any of the other ingredients in XCOPRI.
- Have a genetic problem (called Familial Short QT syndrome) that affects the electrical system of the heart.

XCOPRI CAN CAUSE SERIOUS SIDE EFFECTS, INCLUDING:

Allergic reactions: XCOPRI can cause serious skin rash or other serious allergic reactions which may affect organs and other parts of your body like the liver or blood cells. You may or may not have a rash with these types of reactions. Call your healthcare provider right away and go to the nearest emergency room if you have any of the following: swelling of your face, eyes, lips, or tongue, trouble swallowing or breathing, a skin rash, hives, fever, swollen glands, or sore throat that does not go away or comes and goes, painful sores in the mouth or around your eyes, yellowing of your skin or eyes, unusual bruising or bleeding, severe fatigue or weakness, severe muscle pain, frequent infections, or infections that do not go away. **Take XCOPRI exactly as your healthcare provider tells you to take it. It is very important to increase your dose of XCOPRI slowly, as instructed by your healthcare provider.**

QT shortening: XCOPRI may cause problems with the electrical system of the heart (QT shortening). Call your healthcare provider if you have symptoms of QT shortening including fast heartbeat (heart palpitations) that last a long time or fainting.

Suicidal behavior and ideation: Antiepileptic drugs, including XCOPRI, may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Call your health care provider right away if you have any of the following symptoms, especially if they are new, worse, or worry you: thoughts about suicide or dying; attempting to commit suicide; new or worse depression, anxiety, or irritability; feeling agitated or restless; panic attacks; trouble sleeping (insomnia); acting aggressive; being angry or violent; acting on dangerous impulses; an extreme increase in activity and talking (mania); or other unusual changes in behavior or mood.

Nervous system problems: XCOPRI may cause problems that affect your nervous system. Symptoms of nervous system problems include: dizziness, trouble walking or with coordination, feeling sleepy and tired, trouble concentrating, remembering, and thinking clearly, and vision problems. **Do not drive, operate heavy machinery, or do other dangerous activities until you know how XCOPRI affects you.**

Do not drink alcohol or take other medicines that can make you sleepy or dizzy while taking XCOPRI without first talking to your healthcare provider.

DISCONTINUATION:

Do not stop taking XCOPRI without first talking to your healthcare provider. Stopping XCOPRI suddenly can cause serious problems. Stopping seizure medicine suddenly in a patient who has epilepsy can cause seizures that will not stop (status epilepticus).

DRUG INTERACTIONS:

XCOPRI may affect the way other medicines work, and other medicines may affect how XCOPRI works. **Do not start or stop other medicines without talking to your healthcare provider.** Tell healthcare providers about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

PREGNANCY AND LACTATION:

XCOPRI may cause your birth control medicine to be less effective. **Talk to your health care provider about the best birth control method to use.**

Talk to your health care provider if you are pregnant or plan to become pregnant. It is not known if XCOPRI will harm your unborn baby. Tell your healthcare provider right away if you become pregnant while taking XCOPRI. You and your healthcare provider will decide if you should take XCOPRI while you are pregnant. If you become pregnant while taking XCOPRI, talk to your healthcare provider about registering with the North American Antiepileptic Drug (NAAED) Pregnancy Registry. The purpose of this registry is to collect information about the safety of antiepileptic medicine during pregnancy. You can enroll in this registry by calling 1-888-233-2334 or go to www.aedpregnancyregistry.org.

Talk to your health care provider if you are breastfeeding or plan to breastfeed. It is not known if XCOPRI passes into breastmilk. Talk to your healthcare provider about the best way to feed your baby while taking XCOPRI.

COMMON SIDE EFFECTS:

The most common side effects in patients taking XCOPRI include dizziness, sleepiness, headache, double vision, and feeling tired.

These are not all the possible side effects of XCOPRI. Tell your healthcare provider if you have any side effect that bothers you or that does not go away. For more information, ask your healthcare provider or pharmacist. **Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088** or at www.fda.gov/medwatch.

DRUG ABUSE:

XCOPRI is a federally controlled substance (CV) because it can be abused or lead to dependence. Keep XCOPRI in a safe place to prevent misuse and abuse. Selling or giving away XCOPRI may harm others and is against the law.

INDICATION:

XCOPRI is a prescription medicine used to treat partial-onset seizures in adults 18 years of age and older.

It is not known if XCOPRI is safe and effective in children under 18 years of age.

Please see additional patient information in the Medication Guide. This information does not take the place of talking with your healthcare provider about your condition or your treatment.

Please see Brief Summary of full Prescribing Information and Medication Guide on the following pages.

XCOPRI®
(cenobamate tablets) CV
12.5 • 25 • 50 • 100 • 150 • 200 mg

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XCOPRI™
(cenobamate tablets) CV
12.5 • 25 • 50 • 100 • 150 • 200 mg

BRIEF SUMMARY OF INFORMATION ABOUT XCOPRI®
(cenobamate tablets) CV Rx Only
(ex-koh-pree)
Tablets, for oral use

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about XCOPRI (cenobamate tablets) CV, ask your doctor. Only your doctor can determine if XCOPRI is right for you.

WHAT IS XCOPRI?

XCOPRI is a prescription medicine used to treat partial-onset seizures in adults. It is not known if XCOPRI is safe and effective in children.

WHAT ARE THE MOST SERIOUS WARNINGS ABOUT XCOPRI?

XCOPRI can cause serious side effects, including:

1. **Serious or life-threatening allergic reactions which may affect organs and other parts of your body like the liver or blood cells.** You may or may not have a rash with these types of reactions.

   Call your healthcare provider right away and go to the nearest emergency room if you have any of the following:
   - swelling of your face, eyes, lips, or tongue
   - trouble swallowing or breathing
   - a skin rash
   - hives
   - fever, swollen glands, or sore throat that does not go away or comes and goes
   - painful sores in the mouth or around your eyes
   - yellowing of your skin or eyes
   - unusual bruising or bleeding
   - severe fatigue or weakness
   - severe muscle pain
   - frequent infections that do not go away

These symptoms may be the first signs of a serious reaction. A healthcare provider should examine you to decide if you should continue taking XCOPRI.

2. **Like other antiepileptic drugs, XCOPRI may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.**

   Call a healthcare provider right away if you have any of these symptoms, especially if they are new, worse, or worry you:
   - thoughts about suicide or dying
   - attempts to commit suicide
   - new or worse depression
   - new or worse anxiety
   - feeling agitated or restless
   - panic attacks
   - trouble sleeping (insomnia)
   - new or worse irritability
   - acting aggressive, being angry, or violent
   - acting on dangerous impulses
   - an extreme increase in activity and talking (mania)
   - other unusual changes in behavior or mood

Suicidal thoughts or actions may be caused by things other than medicines. If you have suicidal thoughts or actions, your healthcare provider may check for other causes.

How can I watch for early symptoms of suicidal thoughts and actions?
- Pay attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings.
- Keep all follow-up visits with your healthcare provider as scheduled.

Call your healthcare provider between visits as needed, especially if you are worried about symptoms.

3. **Do not stop taking XCOPRI without first talking to your healthcare provider.**
   - Stopping XCOPRI suddenly can cause serious problems.
   - Stopping a seizure medicine suddenly can cause seizures that will not stop (status epilepticus).

4. **XCOPRI is a federally controlled substance (CV) because it can be abused or lead to dependence.** Keep XCOPRI in a safe place to prevent misuse and abuse. Tell your healthcare provider if you have ever abused or been dependent on alcohol, prescription medicines, or street drugs. Selling or giving away XCOPRI may harm others and is against the law.

WHO SHOULD NOT TAKE XCOPRI?

Do not take XCOPRI if you:
- are allergic to cenobamate or any of the other ingredients in XCOPRI. See "**What are the ingredients in XCOPRI?**"
- have a genetic problem (called familial short QT syndrome) that affects the electrical system of the heart.

WHAT DO I NEED TO TELL YOUR HEALTHCARE PROVIDER?

Before taking XCOPRI, tell your healthcare provider about all your medical conditions, including if you:
- have or had depression, mood problems or suicidal thoughts or actions.
- have liver, kidney, or blood problems.
- have had an allergic reaction to a medicine which caused a rash or affected internal organs, like the liver or blood cells.
- use birth control medicine. XCOPRI may cause your birth control medicine to be less effective. Talk to your healthcare provider about the best birth control method to use while taking XCOPRI.
- are pregnant or plan to become pregnant. It is not known if XCOPRI will harm your unborn baby. Tell your healthcare provider right away if you become pregnant while taking XCOPRI. You and your healthcare provider will decide if you should take XCOPRI while you are pregnant.
  - If you become pregnant while taking XCOPRI, talk to your healthcare provider about registering with the North American Antiepileptic Drug (NAAED) Pregnancy Registry. The purpose of this registry is to collect information about the safety of antiepileptic medicine during pregnancy. You can enroll in this registry by calling 1-888-233-2334 or go to www.aedpregnancyregistry.org
- are breastfeeding or plan to breastfeed. It is not known if XCOPRI passes into breastmilk. Talk to your healthcare provider about the best way to feed your baby while taking XCOPRI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.
XCOPRI may affect the way other medicines work, and other medicines may affect how XCOPRI works. Do not start a new medicine without first talking with your healthcare provider. Ask your healthcare provider or pharmacist for a list of medicines you are taking, if you are not sure. Know the medicines you take. Keep a list of them and show it to your healthcare provider and pharmacist when you get a new medicine.

HOW SHOULD I TAKE XCOPRI?

- Take XCOPRI exactly as your healthcare provider tells you to take it.
- It is very important to increase your dose of XCOPRI slowly, as instructed by your healthcare provider.
- Do not stop taking XCOPRI without talking to your healthcare provider. Stopping XCOPRI suddenly can cause serious problems, including seizures that will not stop (status epilepticus).
- Your healthcare provider may change your dose, if needed.
- Your healthcare provider will tell you how much XCOPRI to take.
- XCOPRI can be taken at any time of day, with or without food.
- Swallow tablets whole with liquid. Do not crush or chew.
- Talk with your healthcare provider about what you should do if you miss a dose.
- If you take too much XCOPRI, call your healthcare provider or go to the nearest hospital emergency room right away.

WHAT SHOULD I AVOID WHILE TAKING XCOPRI?

- Do not drive, operate machinery or do other dangerous activities until you know how XCOPRI affects you. XCOPRI may slow your thinking and motor skills and may affect your vision.
- Do not drink alcohol or take other medicines that can make you sleepy or dizzy while taking XCOPRI without first talking to your healthcare provider.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF XCOPRI?

XCOPRI may cause serious side effects, including:
- See **"What is the most important information I should know about XCOPRI?"**
- problems with the electrical system of the heart (QT shortening). Call your healthcare provider if you have symptoms of QT shortening including fast heartbeat (heart palpitations) that last a long time or fainting.
- nervous system problems. XCOPRI may cause problems that can affect your nervous system. Symptoms of nervous system problems include:
  - dizziness
  - trouble walking or with coordination
  - feeling sleepy and tired
  - trouble concentrating, remembering, and thinking clearly
  - vision problems

The most common side effects of XCOPRI include:
- feeling sleepy and tired
- dizziness
- double vision
- headache

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of XCOPRI.
For more information, ask your healthcare provider or pharmacist. **Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.**

HOW SHOULD I STORE XCOPRI?

- Store XCOPRI at room temperature between 68°F to 77°F (20°C to 25°C).
- Safely throw away medicine that is out of date or no longer needed.
- Keep XCOPRI and all medicines out of the reach of children.

GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF XCOPRI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use XCOPRI for a condition for which it was not prescribed. Do not give XCOPRI to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about XCOPRI that is written for health professionals.

WHAT ARE THE INGREDIENTS IN XCOPRI?

Active ingredient: cenobamate
Inactive ingredients: colloidal silicon dioxide, lactose monohydrate, magnesium stearate, microcrystalline cellulose, and sodium starch glycolate.

25 mg and 100 mg tablets: FD&C Blue #2/indigo carmine aluminum lake, iron oxide red, iron oxide yellow, polyethylene glycol 3350, polyvinyl alcohol-part hydrolyzed, talc, and titanium dioxide.
50 mg tablets: iron oxide yellow, polyethylene glycol 3350, polyvinyl alcohol-part hydrolyzed, talc, and titanium dioxide.
150 mg and 200 mg tablets: iron oxide red, iron oxide yellow, polyethylene glycol 3350, polyvinyl alcohol-part hydrolyzed, talc, and titanium dioxide.

Manufactured for SK Life Science, Inc., Paramus, NJ 07652
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For more information, go to www.XCOPRI.com or call 1-866-657-5574.

PROMOTION

The Pantry

A guide for what to stock up on this month.

General Mills
Gluten Free
Honey Nut Cheerios
made with Real Honey
CAN HELP LOWER CHOLESTEROL
AS PART OF A HEART HEALTHY DIET

Honey Nut Cheerios

Pour Your Heart Into Every Morning

With a touch of real honey and whole grain oats, Honey Nut Cheerios™ is a delicious addition to any heart healthy* diet. (Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving).

Learn more: **cheerios.com**.

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MADE WITH REAL CHICKEN
USA CHICKEN
#1 INGREDIENT
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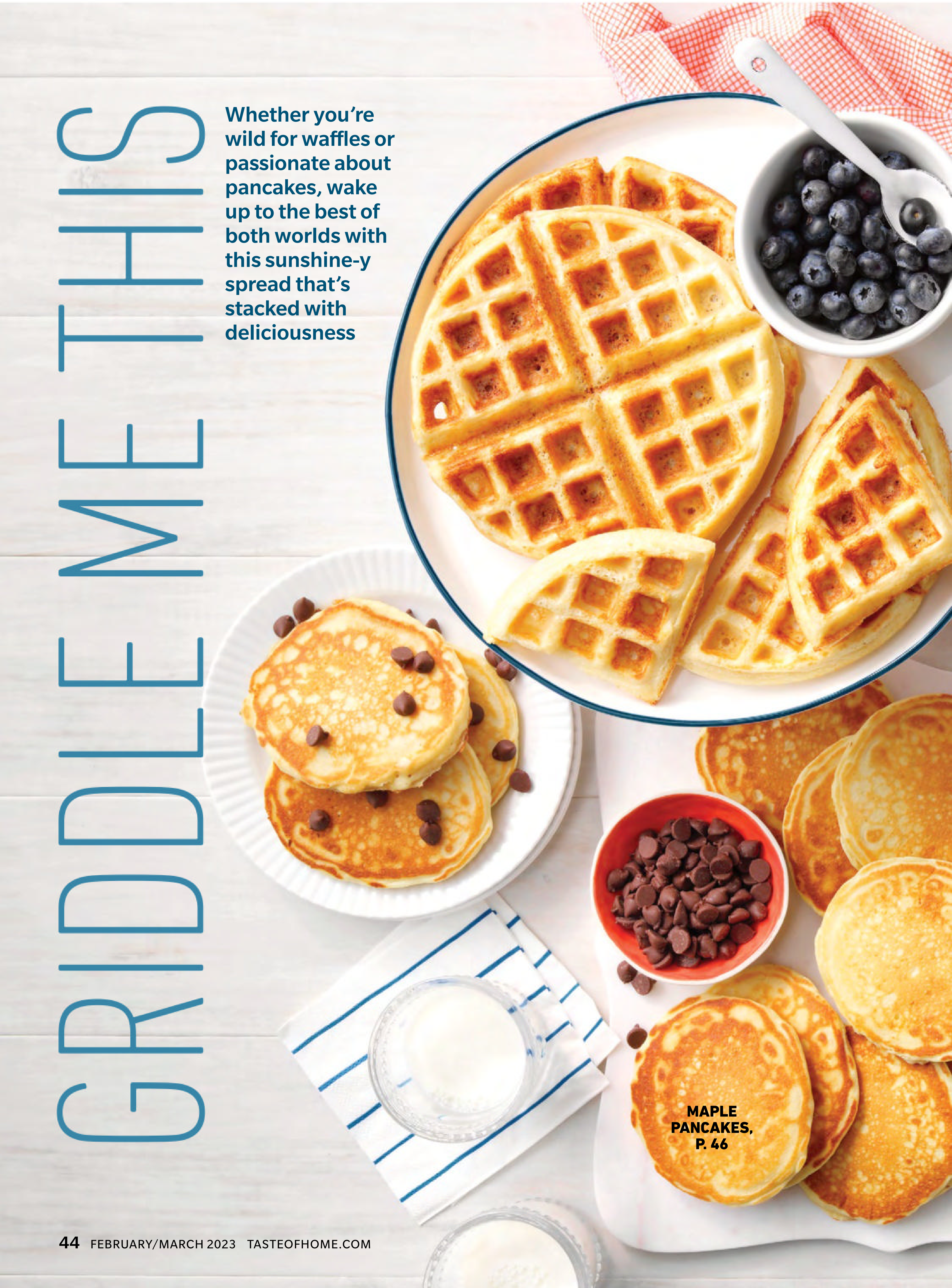
BLUE Experience Bluephoria

GRIDDLE ME THIS

Whether you're wild for waffles or passionate about pancakes, wake up to the best of both worlds with this sunshine-y spread that's stacked with deliciousness



MAPLE PANCAKES, P. 46

TEST KITCHEN PREFERRED

Maple Syrup

Drizzle and dip with our Test Kitchen's favorite brands.

Runamok Sugarmaker's Cut Maple Syrup

Escuminac Extra Rare Maple Syrup

Anderson's Pure Maple Syrup

Hungry Jack Syrup

Learn more about all our TK Preferred products at **tasteofhome.com/tkpreferred.**

DIY Waffle Sliders! Drop 1 heaping Tbsp. waffle batter in the center of each waffle maker quadrant; bake according to the manufacturer's directions until golden brown, about 5 minutes. Cool on wire rack. Sandwich sweetened whipped cream and fresh berries between 2 mini waffles. Yum!

TOP 'TIL YOU DROP!

Load your breakfast bar with toppings so the fam can spread, scatter, drizzle and dollop to their delight. Try bowls of fresh berries, chocolate chips, rainbow sprinkles, whipped cream, peanut butter, confectioners' sugar and more.

OVERNIGHT YEAST WAFFLES, P. 46

ON THE COVER

Overnight Yeast Waffles

These easy, fluffy waffles are so delicious. I freeze them so I can enjoy them for breakfast on busy mornings.
—*Mary Balcomb, Florence, OR*

Prep: **15 min. + chilling** • Cook: **5 min./batch** • Makes: **10 servings**

1	**pkg. (¼ oz.) active dry yeast**
1	**tsp. sugar**
½	**cup warm water (110° to 115°)**
2	**cups warm 2% milk (110° to 115°)**
½	**cup butter, melted**
2	**large eggs, room temperature, lightly beaten**
2¾	**cups all-purpose flour**
1	**tsp. salt**
½	**tsp. baking soda**

1. In a large bowl, dissolve yeast and sugar in warm water; let stand for 5 minutes. Add milk, butter and eggs; mix well. Combine the flour and salt; stir into the milk mixture. Cover and refrigerate overnight.

2. Stir batter; add baking soda and stir well. Bake waffles in a preheated waffle maker according to manufacturer's directions until golden brown.

2 WAFFLES 220 cal., 12g fat (7g sat. fat), 74mg chol., 366mg sod., 22g carb. (3g sugars, 1g fiber), 6g pro.

ON THE COVER

Maple Pancakes

Our family looks forward to tapping the maple trees in March and enjoying the syrup year-round in recipes like this one.
—*Mary Colbath, Concord, NH*

Takes: **30 min.** • Makes: **6 servings**

3	**cups all-purpose flour**
4½	**tsp. baking powder**
1½	**tsp. salt**
3	**large eggs**
2¼	**cups 2% milk**
⅓	**cup canola oil**
3	**Tbsp. maple syrup**
	Optional: Additional maple syrup, butter and fresh blueberries

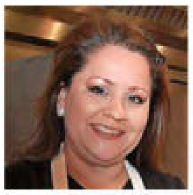
1. In a large bowl, combine flour, baking powder and salt. In another bowl, whisk eggs, milk, oil and syrup; stir into dry ingredients just until blended.

2. Preheat griddle over medium heat. Lightly grease griddle. Pour batter by ¼ cupfuls onto griddle; cook until bubbles on top begin to pop and bottoms are golden brown. Turn; cook until second side is golden brown (pancakes will be thin). Serve with optional toppings as desired.

3 PANCAKES 445 cal., 17g fat (3g sat. fat), 100mg chol., 1031mg sod., 59g carb. (11g sugars, 2g fiber), 13g pro.

ON THE COVER

Easy Strawberry Butter



After picking strawberries for the first time, I developed this fruity, spreadable butter. Try making other fruit spreads using raspberries or blackberries, or a seedless jam such as apricot—my favorite.
CC *Julie Herrera-Lemler, Rochester, MN*

Takes: **5 min.** • Makes: **2¼ cups**

6	**large fresh strawberries, stems removed and room temperature**
1	**cup butter, softened**
¾	**to 1 cup confectioners' sugar**

Pulse strawberries in a food processor until chopped. Add butter and ½ cup confectioners' sugar; process until blended. Add enough remaining confectioners' sugar to reach a spreading consistency and desired level of sweetness. Store in the refrigerator for up to 1 week.

1 TBSP. 56 cal., 5g fat (3g sat. fat), 14mg chol., 41mg sod., 3g carb. (3g sugars, 0 fiber), 0 pro. ●

EASY STRAWBERRY BUTTER

TRY SPREADING THIS BEAUTIFUL BERRY BUTTER OVER BAGELS, BANANA BREAD OR EVEN A SLICE OF POUND CAKE!

BEYOND ORDINARY

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FARM FRESH
EGG·LAND'S BEST
QUALITY APPROVED
Vegetarian Fed Hens
NOW! For Your Nutritious Diet
EXCELLENT SOURCE OF...
Vitamins D • B12 • E B2 • B5
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25% Less Saturated Fat than Regular Eggs
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The way you care for your family isn't ordinary. So why give them ordinary eggs?

Eggland's Best provides extraordinary nutrition—which is important for today's healthy and active lifestyles.

25% LESS	6x MORE	10x MORE
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No matter what you're cooking up.

The best matters. Especially when it comes to family.

FARM FRESH
EGG·LAND'S BEST
QUALITY APPROVED

Better taste. Better nutrition.
Better eggs.

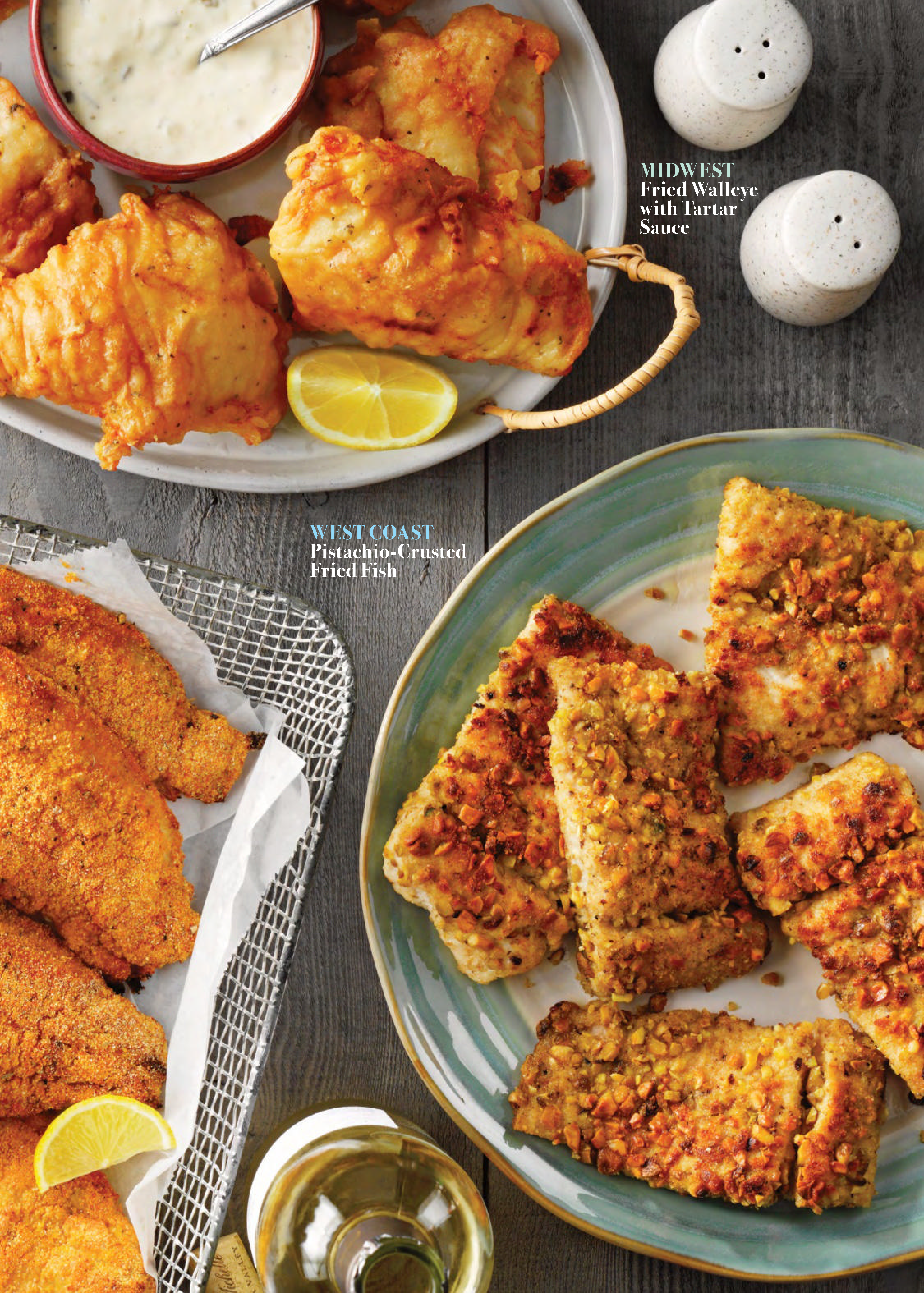
Proud supporter of
American Heart Association.
Healthy for Good™

*compared to ordinary eggs

FISH FRY, USA

Join in the Friday night tradition—whichever shore is yours! Seasoned fillets and signature sides inspired by staples from the West Coast, South and Midwest are tasty enough to lure any seafood fan.

SOUTH
Flavorful Catfish Fillets



MIDWEST
Fried Walleye with Tartar Sauce

WEST COAST
Pistachio-Crusted Fried Fish

WEST COAST

A FISH FRY FAVE

Connie and Ted’s

WEST HOLLYWOOD, CA

This delightfully out-of-place Southern California eatery, inspired by New England culture, opened in 2013. But the story of Connie and Ted started long before then. The restaurant is lovingly named after the late couple who inspired it. The duo moved up and down the Atlantic coastline during the 1940s and ’50s, fishing and enjoying the same seafood dishes you’ll find today at the chic-yet-cozy spot.

HEART HEALTHY

Pistachio-Crusted Fried Fish

This nut-crusted fish is so novel compared to the standard breaded fillets. Plus, the pistachios give it a lovely color.
—Taste of Home *Test Kitchen*

Takes: **30 min.** • Makes: **6 servings**

½ cup dry bread crumbs
½ cup chopped pistachios
½ tsp. seafood seasoning
¼ tsp. salt
¼ tsp. garlic powder
¼ tsp. pepper
½ cup all-purpose flour
½ cup 2% milk
1½ lbs. whitefish or cod fillets
3 Tbsp. canola oil

1. In a shallow bowl, combine the first 6 ingredients. Place flour and milk in separate shallow bowls. Dip fillets in flour, then in milk; coat with pistachio mixture.

2. In a large nonstick skillet, heat oil over medium heat; add fish. Cook until fish just begins to flake easily with a fork, 4-5 minutes on each side.

3 OZ. COOKED FISH 325 cal., 18g fat (2g sat. fat), 71mg chol., 260mg sod., 14g carb. (2g sugars, 1g fiber), 26g pro.
DIABETIC EXCHANGES 3 lean meat, 3 fat, 1 starch.

HEART HEALTHY

Sunny Grapefruit Avocado Salad

When you have the winter blues, brighten lettuce greens with the fresh, fruity tartness of pink grapefruit and orange juice. This citrus salad is a sunny and elegant pairing with most suppers.
—*Mary Relyea, Canastota, NY*

Takes: **20 min.** • Makes: **6 servings**

6 cups torn leaf lettuce
3 large pink grapefruit, peeled and sectioned
1 medium ripe avocado, peeled and sliced
1 small red onion, thinly sliced
¼ cup orange juice
3 Tbsp. olive oil
1 Tbsp. lemon juice
¾ tsp. ground cumin
1 garlic clove, minced
Dash hot pepper sauce
Toasted chopped pecans, optional

1. Arrange the lettuce on a large serving platter. Top with grapefruit, avocado and onion.

2. In a bowl, whisk orange juice, oil, lemon juice, cumin, garlic and pepper sauce; drizzle over salad. If desired, sprinkle with pecans.

1 SERVING 167 cal., 11g fat (1g sat. fat), 0 chol., 13mg sod., 19g carb. (13g sugars, 4g fiber), 2g pro.
DIABETIC EXCHANGES 2 fat, 1 vegetable, ½ fruit.

Fresh Strawberry Pie

Each year we can hardly wait for strawberry season because we believe ours are the best in the country! After plucking the berries from the bushes at a nearby farm, I fill my homemade pie crust.
—*Mary Egan, Carney, MI*

Prep: **45 min. + chilling** • Cook: **5 min. + chilling** • Makes: **8 servings**

Classic butter pie pastry
2 cups sliced fresh strawberries
2 cups halved fresh strawberries, mashed
1 cup sugar
3 Tbsp. cornstarch

TOPPING
2 cups halved fresh strawberries
1 cup heavy whipping cream
2 Tbsp. sugar
¼ tsp. almond extract, optional

1. On a lightly floured surface, roll dough to a ⅛-in.-thick circle; transfer to a 9-in. pie plate. Trim to ½ in. beyond rim of plate; flute edge. Refrigerate for 30 minutes. Preheat the oven to 425°.

2. Line crust with a double thickness of foil. Fill with pie weights, dried beans or uncooked rice. Bake on a lower oven rack until edge is golden brown, 20-25 minutes. Remove foil and weights; bake until bottom is golden brown, 3-6 minutes longer. Cool on a wire rack.

3. Arrange sliced strawberries over crust. In a saucepan over medium heat, combine mashed strawberries, sugar and cornstarch. Bring to a boil; cook and stir until thickened, 1-2 minutes. Cool for 15 minutes; pour over the sliced strawberries. Arrange strawberry halves over pie. Refrigerate until chilled, 2-3 hours.

4. Just before serving, in a large bowl, beat cream until it begins to thicken. Add sugar and, if desired, almond extract; beat until stiff peaks form. Serve with pie.

1 PIECE 378 cal., 18g fat (10g sat. fat), 46mg chol., 113mg sod., 53g carb. (35g sugars, 3g fiber), 2g pro.

CLASSIC BUTTER PIE PASTRY

Combine 1¼ cups **all-purpose flour** and ¼ tsp. **salt.** Cut in ½ cup cold **butter** until crumbly. Gradually add 3-4 Tbsp. **ice water.** Toss with a fork until dough holds together when pressed. Shape dough into a disk; wrap and refrigerate until ready to use.

A FISH FRY FAVE

Barrow's Catfish

NEW ORLEANS, LA

Touted by many as the best catfish in the Big Easy, Barrow's Catfish, formerly known as Barrow's Shady Inn, was founded in 1943. The owners, William "Cap" Barrow Sr. and his wife, Mary, crafted a simple but masterful menu of fried catfish, Mary's potato salad, buttered white bread and sweet-tart lemonade. The menu has since expanded, but night after night, it's still those time-honored staples drawing people inside.

DEEP-FRYING 101

To deep-fry crispy hush puppies, have a large high-sided pot, a kitchen spider, long tongs and plenty of paper towels at the ready. Be sure to use enough oil (we recommend canola, vegetable or corn oil) to completely submerge the fritters. Then, to keep the temperature of the oil steady while cooking, avoid overcrowding the pan or adding chilled batter.

HEART HEALTHY

Flavorful Catfish Fillets

Best. Catfish. Ever! Cayenne adds zip, and the golden cornmeal coating feels traditional—but without all the fat that comes from deep-frying.
—*Ellen De Munnik, Chesterfield, MI*

Takes: **15 min.** • Makes: **4 servings**

¼	**cup buttermilk**
2	**tsp. Dijon mustard**
½	**cup cornmeal**
1	**tsp. each salt, onion powder, garlic powder and paprika**
½	**tsp. dried thyme**
½	**tsp. pepper**
¼	**to ½ tsp. cayenne pepper**
1	**lb. catfish fillets**
	Lemon wedges, optional

1. In a shallow bowl, whisk buttermilk and mustard until blended. In another bowl, combine the cornmeal and seasonings. Dip fillets into buttermilk mixture, then into cornmeal mixture.
2. Place 1 in. apart on a wire rack coated with cooking spray. Place rack on a baking sheet. Broil 4 in. from the heat for 3-4 minutes on each side or until the fish just begins to flake easily with a fork. If desired, serve with lemon.

3 OZ. COOKED FISH 204 cal., 7g fat (2g sat. fat), 63mg chol., 623mg sod., 14g carb. (1g sugars, 1g fiber), 19g pro.
DIABETIC EXCHANGES 3 lean meat, 1 starch.

TO PREPARE IN AIR FRYER Preheat the air fryer to 400°. Place fillets in a single layer on greased tray in air-fryer basket. Cook until fish just begins to flake easily with a fork, 6-8 minutes.

Down-Home Hush Puppies

Hush puppies are a classic southern side. The sweet-spicy flavor of these fried bites has delighted friends and family for decades.
—*Gene Pitts, Wilsonville, AL*

Prep: **15 min. + standing**
Cook: **20 min.** • Makes: **2½ dozen**

1	**cup cornmeal**
1	**cup self-rising flour**
1½	**tsp. baking powder**
½	**tsp. salt**
1	**large onion, chopped**
2	**jalapeno peppers, seeded and diced**
¼	**cup sugar**
1	**large egg**
1	**cup buttermilk**
	Canola oil

1. In a bowl, combine the first 7 ingredients. Add the egg and buttermilk; stir just until moistened. Set aside at room temperature for 30 minutes. Do not stir again.
2. In an electric skillet or deep fryer, heat 2-3 in. oil to 375°. Drop batter by rounded tablespoonfuls, a few at a time, into hot oil. Fry until golden brown, about 1½ minutes on each side. Drain on paper towels.

1 HUSH PUPPY 73 cal., 3g fat (0 sat. fat), 7mg chol., 132mg sod., 10g carb. (2g sugars, 0 fiber), 1g pro.

Cabbage Slaw

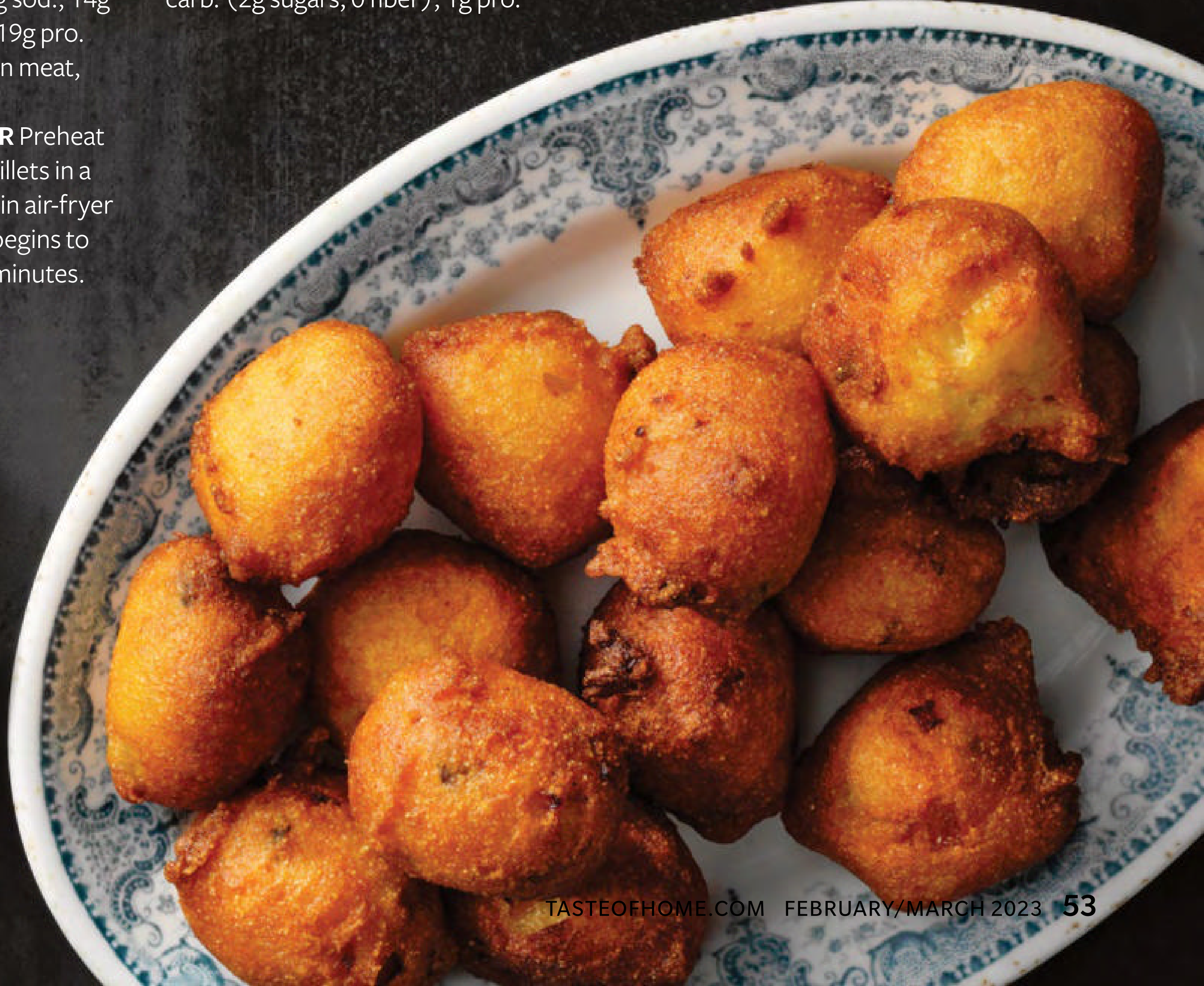
Homemade slaw needn't be fussy, and this recipe proves it! I make it at a moment's notice to serve with many a main dish.
—*Johnnie McLeod, Bastrop, LA*

Takes: **20 min.** • Makes: **6 servings**

1	**medium head cabbage (about 2½ lbs.)**
1	**carrot**
1	**cup mayonnaise**
2	**Tbsp. 2% milk**
2	**Tbsp. vinegar**
3	**Tbsp. sugar**
1	**tsp. salt**
½	**to 1 tsp. pepper**
½	**to 1 tsp. celery seed**

In a food processor or by hand, coarsely chop the cabbage and carrot. In a small bowl, combine mayonnaise, milk, vinegar, sugar, salt, pepper and celery seed; stir into cabbage mixture. Cover and refrigerate until serving.

1 CUP 319 cal., 27g fat (4g sat. fat), 14mg chol., 624mg sod., 19g carb. (13g sugars, 5g fiber), 3g pro.



A FISH FRY FAVE

The Ranch Supper Club

HAYWARD, WI

With food that's as rich as its history, the Ranch Supper Club has been a Northwoods go-to for more than 90 years. Attracting humble lumberjacks as well as Chicago gangsters in the 1930s, and curious tourists and loyal locals today, the haunt specializes in stellar surf and turf along with "honest" cocktails. As the current owners, Haley and Nathan Bochler, say, "Cheers to northern hospitality!"

THE WHAT'S WHAT ON WALLEYE

Walleye or walleye pike, a mild fish from the perch family, is flaky and delicate. If you're looking for a swap, opt for haddock, rockfish or snapper. When buying fish, avoid any that are slimy, discolored or odorous. Cook within 1-2 days of purchasing and keep it in the fridge until then. Packaged fish should be tightly wrapped with no liquid or space between the wrapper and the fish.

Fried Walleye with Tartar Sauce

I love to eat fish, especially walleye, and this is the way I love to make it. The homemade tartar sauce promotes this homey meal to restaurant grade.
—Carolyn Turner, Reno, NV

Prep: **20 min.** • Cook: **10 min./batch**
Makes: **6 servings (1¼ cups sauce)**

- **1 cup mayonnaise**
- **⅓ cup sweet pickle relish**
- **4½ tsp. lemon juice**
- **¼ tsp. salt**
- **⅛ tsp. pepper**

FISH

- **2 cups all-purpose flour**
- **2 tsp. lemon-pepper seasoning**
- **1 tsp. baking powder**
- **1 tsp. garlic salt**
- **½ tsp. dried parsley flakes**
- **1½ cups ice water**
- **2 Tbsp. canola oil**
- **Oil for deep-fat frying**
- **2 lbs. walleye fillets, cut into 6 pieces**
- **Lemon wedges**

1. In a small bowl, combine the first 5 ingredients; cover and refrigerate until serving.
2. For the fish, in a shallow bowl, combine the flour, lemon pepper, baking powder, garlic salt and parsley flakes. Combine ice water and 2 Tbsp. oil; whisk into dry ingredients just until smooth.
3. In an electric skillet or deep fryer, heat oil to 375°. Dip fillets in batter, turning to coat; allow excess batter to drip off. Fry fillets, a few at a time, until golden brown and the fish just begins to flake easily with a fork, 5-7 minutes on each side. Drain on paper towels. Serve with sauce and lemon wedges.

4 OZ. COOKED FISH WITH 3 TBSP. SAUCE 754 cal., 55g fat (6g sat. fat), 143mg chol., 882mg sod., 30g carb. (4g sugars, 1g fiber), 32g pro.

HEART HEALTHY

Onion Potato Pancakes

When Grandma prepared these potato pancakes, she used an old-fashioned grater—good for potatoes but not for knuckles!
—Joan Hutter, Warwick, RI

Takes: **20 min.** • Makes: **6 servings**

- **2 large eggs**
- **1 medium onion, quartered**
- **2 Tbsp. all-purpose flour**
- **¾ tsp. salt**
- **¼ tsp. pepper**
- **¼ tsp. baking powder**
- **4 medium potatoes, peeled and cubed (about 1½ lbs.)**
- **2 Tbsp. chopped fresh parsley**
- **3 to 4 Tbsp. canola oil**

1. Place eggs, onion, flour, salt, pepper, baking powder and ½ cup potatoes in a blender or food processor. Cover and process on high until smooth. Add parsley and remaining potatoes; cover and pulse 2-4 times until potatoes are chopped.
2. Pour 1-2 Tbsp. oil onto a hot griddle or skillet. Pour the batter by ⅓ cupfuls onto griddle; flatten slightly to a 4- or 5-in. diameter. Cook over medium heat until golden, 2-3 minutes on each side. Add oil to griddle as needed.

2 PANCAKES 159 cal., 6g fat (1g sat. fat), 47mg chol., 262mg sod., 22g carb. (2g sugars, 3g fiber), 4g pro.
DIABETIC EXCHANGES 1½ starch, 1 fat.

Pressure-Cooker Homemade Chunky Applesauce

This homemade applesauce is simple and down-home delicious. My family loves the things I make from scratch, and it's so nice knowing exactly what I'm putting in the dishes!
—Marilee Cardinal, Burlington, NJ

Prep: **10 min.** • Cook: **5 min. + releasing** • Makes: **5 cups**

- **7 medium McIntosh, Empire or other apples (about 3 lbs.)**
- **½ cup sugar**
- **½ cup water**
- **1 Tbsp. lemon juice**
- **¼ tsp. almond or vanilla extract**

1. Peel, core and cut each apple into 8 wedges. Cut each wedge crosswise in half; place in a 6-qt. electric pressure cooker. Add the remaining ingredients.
2. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 3 minutes. Let pressure release naturally. Mash apples with a potato masher. Select saute setting and adjust for low heat. Simmer, stirring occasionally, until desired consistency.

¾ CUP 139 cal., 0 fat (0 sat. fat), 0 chol., 0 sod., 36g carb. (33g sugars, 2g fiber), 0 pro.

Brandy Old-Fashioned Sweet

In a rocks glass, muddle 1 **orange slice**, 1 **maraschino cherry**, 1½ oz. **maraschino cherry juice** and 1 tsp. **bitters**. Add **ice**. Pour in 1½ oz. **brandy**, 2 tsp. **water**, 1 tsp. **orange juice** and 3 oz. **lemon-lime soda**.
Makes 1 serving. ●

"In recent years, a group of international designers and artists has rediscovered the innate modernity of Italian blown glass, turning to Murano as inspiration..." — New York Times, 2020

Matching Bracelet FREE

The brightly-painted fisherman houses on Burano Island in Venice are the inspiration behind The Murano Rainbow Necklace

Genuine Murano Necklace

only $39!

PLUS FREE Bracelet!

a $99 value!

Raffinato™ —Italy

Send Her Over The Rainbow

700-year old legendary art form for the price of your dreams.

Now I know how that little farm girl from Kansas felt when she went over the rainbow and awoke in a land of spectacular color. Look what I found in the land of ahhs!

Approaching Burano Island off of northern Venice was like being swept away in a dream. Known for its brightly-painted fisherman houses that line the canals, I was greeted with every color of the rainbow. Since before the Venetian Republic, Burano was home to fishermen and legend says that the houses were painted in bright hues so they could see their way home when fog blanketed the lagoon.

Inspiration struck. I wanted to capture this historical beauty in the centuries old art form of Murano. Still regarded as being the finest form craftsmanship in the world, Murano has evolved into modern day fashion statements.

So I hopped on a vaporetto for a forty minute ride to Venice and sought out the impeccable talents of one of Venice's finest Murano artisans. They've captured the vibrant colors of the iconic fisherman houses in the perfect hand-formed beads of *The Rainbow Murano Necklace*. To own a piece of authentic Murano is to own a piece of fine art steeped in history. Each and every piece is a one-of-a-kind masterpiece.

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You can serve this soup as a starter, but its hearty flavors make it satisfying enough to enjoy as a main dish.

HOW TO MAKE

Copycat Zuppa Toscana

Get your unlimited soup fix without leaving your kitchen. This Olive Garden copycat is just as good as the real deal.

TEST KITCHEN INSIDER

DISHING WITH

Sarah Fischer

TOH *Associate Food Stylist*

When I was stirring this up in the Test Kitchen, everyone was fighting to get a taste of this copycat soup! Add crumbled bacon on top for an extra boost of flavor and a little crunch.

> "Serve this soup with some crusty bread or tender breadsticks for a hearty meal," says Sarah.

Make Room

Enameled Dutch Oven

You'll definitely want leftovers of this soup. Make sure you have a large Dutch oven to accommodate a generous batch.

Staub 5-Quart Enameled Cast-Iron Deep Oven *$380*
williams-sonoma.com

Keep It Clean

Veggie Brush

No need to peel the potatoes for this soup! Instead, just give them a good scrub before cubing them.

Full Circle Veggie Brush *$8* **grove.co**

Save Some for Later

Souper Cubes

This soup freezes wonderfully. Stash it in these convenient freezer trays for up to 6 months.

Souper Cubes 2-Cup Tray *$20*
soupercubes.com

SOUPER CUBES

Potato, Sausage & Kale Soup

I let my young son pick out seed packets and he chose kale, which grew like crazy. This hearty soup helped make good use of the kale and rivals Olive Garden's Zuppa Toscana.
—*Michelle Babbie, Malone, NY*

Takes: **30 min.** • Makes: **4 servings**

- ½ **lb. bulk pork sausage**
- 1 **medium onion, finely chopped**
- 2 **tsp. chicken bouillon granules**
- ½ **tsp. garlic powder**
- ½ **tsp. pepper**
- 2 **medium red potatoes, cubed**
- 2 **cups sliced fresh kale**
- 3 **cups 2% milk**
- 1 **cup heavy whipping cream**
- 1 **Tbsp. cornstarch**
- ¼ **cup cold water**
- **Crumbled, cooked bacon, optional**

1. In a large saucepan, cook sausage and onion over medium heat until sausage is no longer pink and onion is tender, 4-6 minutes, breaking sausage into crumbles; drain.

2. Stir in seasonings. Add potatoes, kale, milk and cream; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-15 minutes.

3. In a small bowl, mix cornstarch and water until smooth; stir into soup. Cook until thickened, 1-2 minutes.

1½ CUPS 504 cal., 38g fat (20g sat. fat), 128mg chol., 881mg sod., 26g carb. (12g sugars, 2g fiber), 15g pro. ●

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Sarah Farmer
EXECUTIVE CULINARY DIRECTOR

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BEST IN BREW: OUR TEST KITCHEN'S TOP COFFEEMAKERS

Coffeemakers are an integral part of our morning routines. They provide us with the caffeine kick we need to tackle our to-do lists and stay on top of our schedules. To make this happen, these machines need to deliver delicious results without any fuss.

In our Test Kitchen, we put 10 drip coffeemaker brands to the test, brewing up pot after pot for our staffers. As our studio squad, videographers and editors sipped on cup after cup of java, our team—many of whom are former baristas and current coffee fanatics—took diligent notes on how each model performed.

Top-notch coffeemakers should hit all the marks when it comes to brewing, which means producing a pot at the right temperature in the right time frame (ideally in eight minutes or less). The resulting carafes of cafe should be flavorful and aromatic.

Going beyond the basic brewing function, our testing team put every extra feature to use on these machines. Bells and whistles are always welcome when they help streamline our routines and are easy to use. We found that many models include features such as adjustable brew strength (perfect for those who prefer a more potent cup), programmable timers, temperature controls and even options to make just a single serving.

Of course, our Test Kitchen team made sure that their top picks were easy to operate, a cinch to clean and worth the money spent. At the end of this caffeine-fueled test, our pros found models to fit any home—whether you need a coffeemaker to fit in a tight space or something to satisfy even the fussiest aficionado.

Most Versatile

Can't decide between a single-serve or traditional coffeemaker? With the Hamilton Beach FlexBrew Trio, you don't have to! This model allows you to brew a single cup, a travel-sized mug or a full pot with the push of a button. What our Test Kitchen loves most: It's so easy to use.

Hamilton Beach FlexBrew Trio *$120*
target.com

For Small Spaces

Having limited counter space doesn't mean you have to sacrifice a good cup of coffee. This Krups coffeemaker is smaller than most but still has features caffeine fiends crave: customizable brew strength, a warming plate, a reusable mesh filter and dishwasher-safe parts.

Krups Simply Brew Digital 10-Cup Drip Coffee Maker *$72* **amazon.com**

Simple & Sleek

This Braun coffeemaker has all the features serious coffee lovers want without any frivolous extras. You can program this machine with your preferred brew strength and even adjust the warming plate temperature, for those who prefer a lava-temp cup of java.

Braun BrewSense 12-Cup Drip Coffee Maker *$110* **walmart.com**

Top of the Line

This Breville brewer does it all. With this coffeemaker, you can prep a full carafe, single servings, hot coffee or cold brew. On top of all that, this gadget has presets so you can fix your blend to your exact specifications to get the best cup every morning.

Breville Precision Brewer *$330*
williams-sonoma.com

TRY THIS RECIPE!

Honey Coffee

2 cups hot strong brewed coffee (French or other dark roast) • ½ cup whole milk • ¼ cup honey • ⅛ tsp. ground cinnamon • Dash ground nutmeg • ¼ tsp. vanilla extract • In a small saucepan, combine coffee, milk, honey, cinnamon and nutmeg. Cook and stir until heated through. (Do not boil.) Remove from the heat; stir in vanilla. Pour into cups or mugs; serve immediately. **½ CUP** 86 cal., 1g fat (1g sat. fat), 4mg chol., 18mg sod., 19g carb. (18g sugars, 0 fiber), 1g pro. **Makes 4 servings.**

—Taste of Home *Test Kitchen* ●

INSIDER TIP!

Got stubborn stains inside your coffeepot? Remove them without intense scrubbing. Just add ice, a large pinch of coarse salt and a wedge of lemon to the carafe. Give this a swirl and watch that gruesome grime lift away. We love this method because it is all-natural and doesn't require any elbow grease!

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Grand Prize Winner!

Five-Spice Chicken Lettuce Wraps

Low-Carb & Lovin' It

Twelve home cooks cut carbs—not flavor—in these filling, feel-good recipes for breakfast, lunch, dinner and even dessert

HEART HEALTHY

Grand Prize

Five-Spice Chicken Lettuce Wraps

With this Chinese-inspired lettuce wrap recipe, I get the satisfaction without the carbs. Use the pickled carrots to perk up other kinds of sandwiches and wraps, too!

—*Stacy Schneidmiller, Beaumont, AB*

Prep: **25 min. + marinating**
Grill: **20 min.** • Makes: **6 servings**

3	**Tbsp. soy sauce**
4	**garlic cloves, crushed**
1	**Tbsp. packed brown sugar**
2	**tsp. Chinese five-spice powder**
1	**tsp. salt, divided**
2	**lbs. boneless skinless chicken thighs**
½	**cup white vinegar**
¼	**cup water**
1	**Tbsp. sugar**
2	**medium carrots, shredded**
12	**Bibb lettuce leaves**
¼	**cup thinly sliced green onions**
2	**Tbsp. fresh cilantro leaves**
	Sweetened shredded coconut, optional

1. In a bowl or shallow dish, combine the first 4 ingredients and ½ tsp. salt. Add chicken and turn to coat. Cover and refrigerate 8 hours or overnight.

2. In a small saucepan, combine the vinegar, water, sugar and remaining ½ tsp. salt. Bring to a boil; whisk until sugar is dissolved. Remove from heat. Place the carrots in a small bowl; pour vinegar mixture over top. Refrigerate 8 hours or overnight.

3. Drain chicken, discarding marinade. On a lightly oiled rack, grill chicken, covered, over medium heat or broil 4 in. from heat until a thermometer reads 170°, 6-8 minutes on each side. Cool slightly; slice into strips.

4. Divide chicken among lettuce leaves; top with carrots, green onions and cilantro. Top with coconut if desired.

2 WRAPS 236 cal., 11g fat (3g sat. fat), 101mg chol., 625mg sod., 4g carb. (2g sugars, 1g fiber), 29g pro. **DIABETIC EXCHANGES** 4 lean meat.

STACY SCHNEIDMILLER

Grand Prize Winner

WHAT ARE YOUR BEST TRICKS FOR CUTTING DOWN ON CARBOHYDRATES?
You can't go wrong with vegetables and lean meats. Marinades keep things interesting.

DO YOU HAVE ANY GO-TO SEASONING BLENDS BESIDES FIVE-SPICE?
You could easily sub garam masala into this dish! That would be delicious.

WHAT SIDE DISHES DO YOU SERVE WITH THESE BUNDLES?
If you want to bulk them up without adding carbs, serve the wraps alongside cauliflower rice with a little bit of chopped cilantro on top.

Tuna Cheese-Waffle Sandwiches

Zucchini Fries

First Place

Tuna Cheese-Waffle Sandwiches

I love cheddar waffles (or chaffles) as well as tuna salad sandwiches. Combining the two makes for an incredible lunchtime stack.

—*Arlene Erlbach, Morton Grove, IL*

Takes: **30 min.** • Makes: **4 sandwiches**

5	**Tbsp. mayonnaise**
2	**Tbsp. cream cheese, softened**
2	**cans light tuna in water (5 oz. each), well drained**
1	**celery rib, finely chopped**
¼	**cup finely chopped red onion**
2	**Tbsp. minced fresh parsley**
1	**Tbsp. fresh lemon juice**
½	**cup diced dill pickle, divided**
4	**large eggs, beaten**
2	**cups shredded extra sharp cheddar cheese**
8	**slices tomato**
	Lettuce leaves, optional

1. Preheat waffle maker. In a large bowl, whisk the mayonnaise and cream cheese until smooth. Add the tuna, celery, onion, parsley, lemon juice and 2 Tbsp. chopped pickles. Set aside.

2. In a separate bowl, whisk eggs. In the preheated waffle maker, sprinkle ½ cup cheese and half the remaining pickles. Pour half the whisked egg over the cheese. Top with ½ cup cheese. Close lid and bake according to manufacturer's directions until golden brown, 4-5 minutes. Repeat with the remaining cheese, pickles and eggs.

3. Spread the tuna mixture evenly over half the waffle pieces; top with tomatoes, lettuce leaves if desired, and the remaining waffle pieces to make sandwiches.

1 SANDWICH 515 cal., 39g fat (16g sat. fat), 281mg chol., 881mg sod., 6g carb. (3g sugars, 1g fiber), 34g pro.

HEART HEALTHY

Second Place

Zucchini Fries

These aren't anything like potato fries—in the best way imaginable! They're air-fried to crisp and oh, so flavorful perfection. Don't have an air fryer? Try baking in a conventional oven using the convection setting for about the same amount of time.

—*Jen Pahl, West Allis, WI*

Prep: **20 min.** • Cook: **15 min./batch**
Makes: **4 servings**

2	**medium zucchini**
1	**cup panko bread crumbs**
2	**tsp. dried basil, divided**
1½	**tsp. seasoned salt**
1	**tsp. garlic powder**
1	**tsp. dried oregano**
½	**cup plus 2 Tbsp. grated Parmesan cheese**
2	**large eggs, lightly beaten**
	Cooking spray
	Marinara sauce, warmed

1. Preheat an air fryer to 375°. Cut each zucchini in half lengthwise and then in half crosswise. Cut each piece lengthwise into ¼-in. slices.

2. In a shallow bowl, mix the panko bread crumbs, 1 tsp. basil, remaining seasonings and ½ cup Parmesan. Place eggs and remaining 1 tsp. basil in a separate shallow bowl. Dip the zucchini slices in egg mixture and then in crumb mixture, patting to help the coating adhere.

3. In batches if needed, place the zucchini in a single layer on greased tray in air-fryer basket; spritz with cooking spray. Cook until lightly browned, 6-8 minutes. Flip each piece; fry until golden brown, 3-5 minutes longer.

4. Sprinkle hot fries with remaining 2 Tbsp. Parmesan and serve with marinara sauce.

1 CUP 91 cal., 4g fat (2g sat. fat), 52mg chol., 389mg sod., 9g carb. (2g sugars, 1g fiber), 6g pro.
DIABETIC EXCHANGES 1 vegetable, 1 fat.

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Third Place

Zucchini-Wrapped Chicken Enchiladas

Thin planks of zucchini are the perfect low-carb substitute for tortillas when making enchiladas.
—*Donna Kelly, Lehi, UT*

Prep: **40 min.** • Bake: **35 min.**
Makes: **4 servings**

1	**Anaheim pepper**
3	**cups shredded cooked chicken**
2	**cups shredded pepper jack cheese, divided**
2	**oz. cream cheese, softened**
3	**green onions, thinly sliced**
1	**tsp. hot pepper sauce**
2	**cans (10 oz. each) red enchilada sauce**
2	**Tbsp. tomato paste**
6	**large zucchini (about 4 lbs.)**

1. Cut pepper lengthwise in half; remove stems and seeds. Place pepper on a foil-lined baking sheet, skin side up. Broil 4 in. from heat 5 minutes or until skin blisters. Place pepper in a bowl; let stand, covered, 20 minutes. Reduce oven to 350°.
2. Peel off and discard charred skin; finely chop pepper and place in a large bowl. Add the chicken, 1 cup pepper jack cheese, cream cheese, green onions and pepper sauce. In a small bowl, combine enchilada sauce and tomato paste; set aside.
3. Slice the zucchini lengthwise into thirty-two ⅛-in.-thick slices. Place zucchini slices in an ungreased 13x9-in. microwave-safe dish. Cover and microwave on high 2 minutes or until crisp-tender; drain well on paper towels and set aside.
4. Spread half the sauce mixture into a 13x9 baking dish; set aside. Layer 4 slices of zucchini, slightly overlapping. Place ⅓ cup chicken mixture off center on top. Roll up zucchini, starting with the short side; place into the prepared dish, seam side down. Repeat with remaining zucchini and chicken mixture. Top with remaining sauce and cheese.
5. Bake, uncovered, until heated through, 35-40 minutes.

2 ENCHILADAS 590 cal., 33g fat (18g sat. fat), 169mg chol., 957mg sod., 24g carb. (13g sugars, 5g fiber), 53g pro.

Zucchini-Wrapped Chicken Enchiladas

Three-Cheese Keto Cauliflower Casserole

Three-Cheese Keto Cauliflower Casserole

My three-cheese cauliflower casserole sacrifices carbs but not taste. If you're missing mac and cheese in your effort to eat healthier, this will hit the spot!
—*Adrianna Cauthen, Decatur, GA*

Prep: **35 min.**
Bake: **20 min. + standing**
Makes: **6 servings**

1	**medium head cauliflower, cut into ½-in. pieces (about 10 cups)**
4	**Tbsp. butter, divided**
1	**Tbsp. canola oil**
4	**oz. cream cheese, cubed**
3½	**cups shredded cheddar cheese, divided**
1½	**cups shredded mozzarella cheese, divided**
1	**cup 2% milk**

1. Preheat the oven to 425°. Place cauliflower on a 15x10x1-in. baking sheet. Melt 1 Tbsp. butter; drizzle over the cauliflower. Add oil; toss to coat. Roast until lightly browned and tender, 20-25 minutes.
2. Meanwhile, in a saucepan, melt cream cheese and remaining 3 Tbsp. butter over medium heat. Add 2 cups cheddar, 1 cup mozzarella and milk. Cook and stir until the sauce begins to thicken, 1-2 minutes. Gently fold in cauliflower. Transfer to a greased 8-in. square baking dish. Sprinkle with remaining 1½ cups cheddar and ½ cup mozzarella.
3. Bake, uncovered, until bubbly and cheese is melted, about 20 minutes. Let stand 10 minutes before serving.

⅔ CUP 550 cal., 46g fat (26g sat. fat), 130mg chol., 775mg sod., 11g carb. (5g sugars, 2g fiber), 26g pro.

Low-Carb Chocolate Chip Cheesecake Bars

Low-Carb Chocolate Chip Cheesecake Bars

These cheesecake bars have four delectable layers: a buttery crust, a creamy cheesecake filling, chocolaty morsels and an irresistibly crumbly topping. It's sugar free—and guilt free. You'll get nothing but compliments on this dessert.
—Rachel Sanders, Salem, OH

Prep: **30 min.**
Bake: **40 min. + chilling**
Makes: **15 servings**

- 1 **cup almond flour**
- ½ **cup granulated golden monk fruit sugar substitute**
- 2 **large eggs, room temperature**
- ½ **cup butter, melted**
- 1 **tsp. vanilla extract**

CHEESECAKE LAYER

- 1 **pkg. (8 oz.) cream cheese, softened**
- ¼ **cup granulated monk fruit sugar substitute**
- 2 **Tbsp. sour cream**
- ½ **tsp. vanilla extract**
- 1 **large egg, room temperature, lightly beaten**
- ½ **cup sugar-free white baking chips**
- ½ **cup sugar-free chocolate baking chips**

CRUMBLE LAYER

- ½ **cup almond flour**
- ¼ **cup granulated golden monk fruit sugar substitute**
- ¼ **cup cold butter**

1. Preheat the oven to 325°. In a small bowl, whisk flour and sugar substitute. In another bowl, whisk eggs, melted butter and vanilla until blended. Add to flour mixture; stir just until moistened. Pour into a greased 11x7-in. baking dish.

2. For cheesecake layer, in a large bowl, beat cream cheese and sugar substitute until smooth. Beat in sour cream and vanilla. Add egg; beat on low speed just until blended. Pour over crust. Sprinkle with white and chocolate baking chips. For crumble layer, mix the almond flour and sugar substitute. Cut in butter until mixture resembles coarse crumbs. Sprinkle over the baking chips.

3. Bake until the center is just set and the edges are golden brown, 40-45 minutes. Cool completely on a wire rack. Refrigerate, covered, at least 4 hours or overnight before serving. Refrigerate leftovers.

1 BAR 293 cal., 25g fat (13g sat. fat), 78mg chol., 135mg sod., 21g carb. (2g sugars, 2g fiber), 7g pro.

Chorizo Burgers with Green Chile Aioli

Chorizo does all the work seasoning these burgers, and the aioli comes together in minutes. Wrap the juicy patties in lettuce for a keto version. Don't worry—the carb lovers in your home can still enjoy them on buns.
—Becky Woollands, North Ridgeville, OH

Takes: **30 min.** • Makes: **6 servings**

- 1 **lb. ground beef**
- 1 **lb. fresh chorizo or bulk spicy pork sausage**
- 6 **slices pepper jack cheese**
- ½ **cup mayonnaise**
- 3 **Tbsp. canned chopped green chiles**
- 2 **Tbsp. minced fresh cilantro**
- 1 **Tbsp. fresh lime juice**
- 6 **slices tomato**
- 1 **medium ripe avocado, sliced** **Optional: Pickled red onions and hot pepper sauce, such as Cholula**
- 6 **lettuce leaves**

1. In a large bowl, combine beef and chorizo, mixing lightly but thoroughly. Shape into six 6-in. patties. Grill the burgers, covered, over medium heat or broil 3-4 in. from the heat until a thermometer reads 160°, 6-8 minutes on each side. Top with cheese; grill, covered, until cheese is melted, 1-2 minutes longer.

2. Meanwhile, combine mayonnaise, chiles, cilantro and lime juice. Top burgers with sauce, tomato, avocado and, if desired, optional toppings. Wrap in lettuce leaves.

1 BURGER 677 cal., 56g fat (19g sat. fat), 145mg chol., 1225mg sod., 5g carb. (1g sugars, 2g fiber), 36g pro.

Chorizo Burgers with Green Chile Aioli

Green Shakshuka

Green Shakshuka

Green veggies bring the nutrition, and eggs and feta pile on the protein. My secret is to stir up this breakfast recipe with lemon-infused olive oil. If you can find it, I highly recommend!
—*Carrie Dault, Baxter, TN*

Prep: **20 min.**
Cook: **20 min.**
Makes: **4 servings**

1	**Tbsp. olive oil**
½	**lb. fresh Brussels sprouts, quartered**
1	**medium green pepper, chopped**
1	**tsp. kosher salt, divided**
¼	**cup reduced-sodium chicken broth or vegetable broth, divided**
3	**garlic cloves, minced**
1	**small bunch kale, trimmed and chopped (about 8 cups)**
9	**oz. fresh baby spinach, chopped (about 7 cups)**
¼	**cup fresh parsley leaves, minced**
4	**large eggs**
¼	**cup crumbled feta cheese**
1	**tsp. grated lemon zest**

1. In a skillet, heat olive oil over medium-high heat. Add Brussels sprouts, green pepper and ½ tsp. salt; cook and stir until lightly browned, 10-12 minutes. Add 2 Tbsp. broth and the garlic; cook 1 minute longer. In batches if needed, add kale, spinach and parsley; cook and stir until wilted, 3-4 minutes. Stir in the remaining 2 Tbsp. broth and ½ tsp. salt.

2. With back of spoon, make 4 wells in vegetable mixture; break an egg into each well. Sprinkle with feta and lemon zest. Cook, covered, until egg whites are completely set and yolks begin to thicken but are not hard, 4-6 minutes.

1 EGG WITH 1 CUP VEGETABLE MIXTURE 209 cal., 10g fat (3g sat. fat), 190mg chol., 756mg sod., 18g carb. (2g sugars, 6g fiber), 15g pro.
DIABETIC EXCHANGES 1 starch, 1 medium-fat meat, ½ fat.

Low-Carb Lasagna

Most Innovative

Low-Carb Lasagna

Lasagna is no longer all about the noodles! My variation looks, smells and tastes like the real deal. Try adding ricotta cheese or any other kind of cheese you like.
—*Tammy Kirk, Raleigh, NC*

Prep: **25 min.**
Bake: **45 min. + standing**
Makes: **12 servings**

2	**Tbsp. olive oil**
12	**oz. ground beef**
12	**oz. bulk Italian sausage**
1	**medium onion, chopped**
2	**garlic cloves, minced**
1	**jar (24 oz.) pasta sauce**
8	**oz. thinly sliced deli chicken (12 slices)**
½	**lb. thinly sliced deli pepperoni**
2	**cups shredded mozzarella cheese**
2	**cups shredded cheddar cheese**

1. Preheat oven to 425°. In a skillet, heat oil over medium heat. Cook beef, sausage, onion and garlic until meat is no longer pink, 6-8 minutes, breaking it into crumbles. Drain; return to pan. Stir in pasta sauce; heat through.

2. Spread 1 cup sauce into a greased 13x9-in. baking dish. Layer with half the sliced chicken, half the sliced pepperoni, 2 cups sauce and half of each cheese. Repeat layers.

3. Bake, covered, for 25 minutes. Uncover; bake until the cheese is browned and the lasagna is bubbling, 20-25 minutes longer. Let stand for 15 minutes before serving.

1 PIECE 419 cal., 32g fat (13g sat. fat), 95mg chol., 1106mg sod., 8g carb. (5g sugars, 1g fiber), 25g pro.

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Muffuletta Frittata

Ketolicious Cheesy Biscuits with Turkey Sausage

Muffuletta Frittata

I'm a sucker for Italian sandwiches and olives. I wanted those flavors but in a low-carb dish, so I created this frittata. Use fresh spinach in place of the arugula if you're not a big fan of its peppery flavor.

CC *Donna Gribbins, Shelbyville, KY*

Prep: **25 min.** • Cook: **25 min.**
Makes: **8 servings**

1 **Tbsp. canola oil**
12 **large eggs**
1 **cup half-and-half cream**
3 **Tbsp. grated Parmesan cheese**
½ **tsp. pepper**
8 **oz. fresh arugula, roughly chopped**
2 **oz. sliced capicola, chopped**
2 **oz. hard salami, chopped**
2 **oz. mortadella, chopped**
1 **cup shredded mozzarella and provolone cheese blend**

OLIVE SALAD

1 **cup chopped assorted olives**
1 **cup chopped giardiniera**
¼ **cup olive oil**
2 **Tbsp. red wine vinegar**
2 **Tbsp. minced fresh parsley**
1 **garlic clove, minced**

1. Preheat oven to 375°. In a 12-in. cast-iron or ovenproof skillet, heat oil over medium heat.

2. In a large bowl, whisk the eggs, half-and-half, Parmesan and pepper. Pour into skillet. Layer with arugula, capicola, salami and mortadella; top with cheese blend. Cook 3-5 minutes or until eggs start to set on sides.

3. Transfer to oven; bake frittata for 20-25 minutes or until eggs are set and top is browned.

4. In a small bowl, mix the olive salad ingredients together.

5. Cut frittata into wedges; serve with olive salad.

1 PIECE WITH ¼ CUP OLIVE SALAD 384 cal., 31g fat (10g sat. fat), 323mg chol., 1391mg sod., 6g carb. (2g sugars, 1g fiber), 20g pro.

Ketolicious Cheesy Biscuits with Turkey Sausage

If you are craving serious comfort food, this hearty sandwich is for you. The keto-friendly breakfast of homemade biscuits and turkey sausage checks all the boxes!

CC *Trisha Kruse, Eagle, ID*

Prep: **25 min.**
Bake: **15 min.**
Makes: **8 servings**

2 **cups almond flour**
3 **tsp. baking powder**
¼ **tsp. salt**
¼ **tsp. onion powder**
¼ **tsp. pepper**
4 **large eggs, room temperature**
2½ **cups shredded cheddar cheese**
¼ **cup heavy whipping cream**

SAUSAGE

¼ **cup finely chopped onion**
1½ **tsp. pepper**
1 **tsp. dried sage leaves**
¾ **tsp. salt**
2 **lbs. ground turkey**
1 **Tbsp. olive oil**

1. Preheat oven to 350°. In a bowl, whisk the first 5 ingredients. In another bowl, whisk eggs, cheddar cheese and cream. Stir into the flour mixture just until moistened. Drop dough by rounded ⅓ cupfuls 2 in. apart onto parchment-lined baking sheets. Bake biscuits until golden, 15-20 minutes.

2. Meanwhile, for sausage, in a large bowl, combine onion, pepper, sage and salt. Add turkey to mixture; mix lightly but thoroughly. Shape into eight 5-in. patties. Heat oil in a large nonstick skillet over medium heat. In batches, add patties. Cook until a thermometer reads 165°, 5-6 minutes on each side. Split the biscuits in half; fill each with a patty.

1 SANDWICH 546 cal., 37g fat (12g sat. fat), 211mg chol., 806mg sod., 12g carb. (3g sugars, 2g fiber), 42g pro.

Low-Carb Shrimp Sushi Bowl

Sushi is a special treat for my family. This easy-prep recipe is on the table in less than 30 minutes. If you don't like shrimp, sub in shredded cooked chicken or firm tofu. And don't be shy with the spice!

CC *Kristyne McDougle Walter, Lorain, OH*

Takes: **30 min.** • Makes: **4 servings**

5	**Tbsp. mayonnaise**
2	**tsp. red curry paste**
2	**pkg. frozen riced cauliflower (10 oz. each)**
3	**Tbsp. sesame oil**
1½	**lbs. uncooked shrimp (31-40 per lb.), peeled and deveined**
2	**garlic cloves, minced**
1	**tsp. seasoned salt**
1	**medium ripe avocado, peeled and sliced**
½	**medium cucumber, sliced**
½	**cup julienned carrots**
2	**green onions, thinly sliced**
1	**medium lime, quartered**

1. In a bowl, mix the mayonnaise and red curry paste; set aside.

2. Prepare the riced cauliflower according to the package directions.

3. Meanwhile, in a skillet, heat oil over medium heat. Add shrimp; cook until shrimp turn pink, 5-7 minutes. Add the garlic and salt; cook for 1 minute longer. Remove from heat.

4. Divide the cauliflower among 4 bowls. Top each bowl with shrimp, avocado, cucumber, carrots and green onions. Drizzle with curry mayonnaise and garnish each bowl with a lime wedge.

1 BOWL 460 cal., 31g fat (5g sat. fat), 213mg chol., 783mg sod., 16g carb. (5g sugars, 7g fiber), 32g pro.

Low-Carb Shrimp Sushi Bowl

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Say "so long" to long grocery lists! We're in search of simple recipes that are short on ingredients but not on flavor. Do you have a salad you perk up with a couple of convenience items? How about a quick bread or crumble that requires just the basics? Send us your favorite breakfast, snack, lunch, dinner or dessert with only a few fixings, and you could win $500!

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Skinny Vanilla Latte
Add 2 Tbsp. Torani Sugar Free French Vanilla to 2 shots espresso (or ½ cup strong brewed coffee) and 1 cup frothed oat milk.

Keto Coffee
Blend 2 Tbsp. Torani Sugar Free French Vanilla Syrup with 1 cup coffee, 1 Tbsp. grass fed butter, and 1 Tbsp. MCT oil.

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Zero Carb Whipped Cream
Whip 2 Tbsp. Torani Sugar Free French Vanilla Syrup with 1 pint heavy whipping cream until peaks form.

Skinny Vanilla Protein Shake
Blend 2 Tbsp Torani Sugar Free French Vanilla Syrup, 1 cup unsweetened almond milk, 1 scoop protein powder, and 1 cup ice.

Torani Candied Lemon Drop
Pour 2 Tbsp. Torani Sugar Free French Vanilla Syrup, ½ cup seltzer water, ¼ cup pineapple juice, and 2 Tbsp. fresh lemon juice over ice & stir.

Vanilla Matcha Tea Latte
Add 2 tbsp. Torani Sugar Free French Vanilla Syrup to 1 cup brewed matcha, and ½ cup skim milk.

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GATHER

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AWARDS SHOW BINGO

Parmesan Ranch Popcorn

Cognac Champagne Cocktail

Italian Cheese Popcorn

Peppermint Popcorn

Pop-Up Party

VIP TREATMENT

Experience Hollywood at home with an awards-show blowout. Tune in for a night of posh noshes, fun games and glam embellishments.

SEEING RED

As a wink to the famous walkway, whip up a red velvet delicacy, such as cupcakes, macarons, fudge or cheesecake for dessert.

Asparagus Pastry Puffs

Red Velvet Cupcakes with Coconut Frosting

Iron Pedestal Tray *$30*
sb-designstudio.com
Gold Confetti
Large Napkins *$11/20*
ellieandpiper.com

essie
Freixenet
EXTRA DRY

SWAG BAG

Celebs head home from an awards show with gifts, so why shouldn't your guests? Stuff paper bags with your favorite fancy things, such as iced sugar cookies, Champagne Truffles (recipe on page 34), mini sparkling wine bottles, gold nail polish and confetti.

STIR CRAZY

At this glitzy party, it's gold everything! Add some extra sparkle to your champs with glam and glittery swizzle sticks.

ABSOK Plastic Round Top Crystal Swizzle Sticks *$12/100* **amazon.com**

HIP POP

A TV marathon calls for 'corn! Liven up the sweet or salty snack with some creative stir-ins.

Parmesan Ranch Popcorn

Mix ¼ cup grated **Parmesan cheese**, 2 Tbsp. dry **ranch salad dressing mix**, 1 tsp. **dried parsley flakes** and ¼ tsp. **onion powder.** Drizzle ⅓ cup melted **butter** over 3½ qt. **popped popcorn**; toss with cheese mixture. Store in airtight containers.

Italian Cheese Popcorn

Mix ⅓ cup grated **Romano cheese**, 2¼ tsp. **Italian seasoning** and ¾ tsp. **garlic salt**. Drizzle ⅓ cup melted **butter** over 3½ qt. **popped popcorn**; toss with cheese mixture. Store in airtight containers.

Peppermint Popcorn

Drizzle 8 oz. melted **white candy coating** over 3½ qt. **popped popcorn**; sprinkle with ⅓ cup crushed **peppermint candies** and toss. Immediately spread onto waxed paper; let stand until set. Break into pieces. Store in airtight containers.

Peppermint Popcorn
Parmesan Ranch Popcorn
Italian Cheese Popcorn

STAR POWER

Sprinkle a twinkle of stars onto a sweet popcorn mix for some fun.

Confectionery House Gold Star Sprinkles *$6/4 oz. bag* **confectionery house.com**

Gold Stripe Popcorn Boxes *$6/12* **FoodWithFashion .etsy.com**

Cognac Champagne Cocktail

Any occasion is a special one with this festive champagne cocktail. It's fruity, it's refreshing, and it packs quite a punch!
—Francine Lizotte, Langley, BC

Takes: **10 min.** • Makes: **8 servings**

- **1 cup pulp-free orange juice, chilled**
- **1 can (7½ oz.) lemon-lime soda, chilled**
- **1 can (6 oz.) unsweetened pineapple juice, chilled**
- **⅓ cup Cognac or brandy**
- **¼ cup simple syrup, chilled**
- **1 bottle (750 ml) champagne or other sparkling wine, chilled**

In a large pitcher or punch bowl, combine the first 5 ingredients. Stir in champagne. Serve immediately.

¾ CUP 309 cal., 0 fat (0 sat. fat), 0 chol., 7mg sod., 38g carb. (32g sugars, 0 fiber), 1g pro.

GAMES GALORE

No matter which program you're watching, there's a way to play! Try bingo, superlative assignments for your own squad, acceptance-speech Mad Libs and more.

AWARDS SHOW BINGO
ORCHESTRA CUTS OFF SPEECH
A WORD IS BLEEPED
WINNER LOOKS OVERLY SHOCKED
VINTAGE DRESS
CAR COMMERCIAL AIRS
STANDING OVATION
WINNER THANKS FANS IN SPEECH
FAMILY MEMBER IS BROUGHT AS A DATE
HOSTS/PRESENTERS SPEAK IN UNISON
CELEBRITY COUPLE MAKES RED CARPET DEBUT
WINNER CRIES
CAMERA CUTS TO INCORRECT PERSON
FREE SPACE
FIRST TIME WINNER
A NOMINEE IS ABSENT
NEW MOVIE PROMO AIRS
MALE CELEBRITY NOT WEARING A SUIT OR TUXEDO
SURPRISE MUSICAL NUMBER
WINNER THANKS PARENTS IN SPEECH
WINNER WALKS OFF STAGE THE WRONG WAY
SHOW GOES OVER ALLOTTED TIME
3+ PEOPLE GO ON STAGE TO ACCEPT AWARD
HOST MAKES AN AWKWARD JOKE
HOST/PRES. MISSPEAKS MISPRONOUN SOMETHING

Asparagus Pastry Puffs

When the first spears of the season appear, we serve them rolled inside puff pastry with a yummy cheese filling. Our guests always compliment this lovely asparagus-dotted dish.
—Cindy Jamieson, Tonawanda, NY

Prep: **30 min.** • Bake: **25 min.**
Makes: **16 servings**

- **1 lb. fresh asparagus, trimmed**
- **4 oz. cream cheese, softened**
- **¼ cup grated Parmesan cheese**
- **1 Tbsp. stone-ground mustard**
- **2 tsp. lemon juice**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **1 pkg. (17.3 oz.) frozen puff pastry, thawed**
- **1 large egg**
- **2 Tbsp. water**

1. Preheat the oven to 400°. In a large skillet, bring 1½ in. of water to a boil. Add the asparagus spears; cook, uncovered, until crisp-tender, 1-3 minutes. Remove the asparagus and immediately drop into ice water. Drain and pat dry.

2. In a small bowl, mix the cream cheese, Parmesan cheese, mustard, lemon juice, salt and pepper until blended. Unfold puff pastry sheets; cut each sheet in half to make a total of 4 rectangles. Spread each rectangle with a fourth of the cream cheese mixture to within ¼ in. of the edges. Arrange the asparagus over top, allowing tips to show at each end; roll up jelly-roll style. Using a serrated knife, cut each roll crosswise into 4 sections.

3. Place, seam side down, on a parchment-lined baking sheet. In a small bowl, whisk egg and water until blended; brush lightly over tops.

4. Bake puffs until golden brown, 25-30 minutes. Remove from pan to a wire rack; serve warm.

1 PASTRY 188 cal., 11g fat (4g sat. fat), 21mg chol., 211mg sod., 18g carb. (1g sugars, 3g fiber), 4g pro.

Red Velvet Cupcakes with Coconut Frosting

Celebrate in style with these coconut-topped red velvet cupcakes. The sweet shreds lend fun flair.
—Marie Rizzio, Interlochen, MI

Prep: **25 min.**
Bake: **20 min. + cooling**
Makes: **2 dozen**

- **¾ cup butter, softened**
- **1½ cups sugar**
- **2 large eggs, room temperature**
- **1 Tbsp. red food coloring**
- **1 tsp. vanilla extract**
- **1¾ cups all-purpose flour**
- **¼ cup baking cocoa**
- **¾ tsp. baking soda**
- **¾ tsp. salt**
- **1 cup buttermilk**
- **1 tsp. white vinegar**

FROSTING

- **2 pkg. (8 oz. each) cream cheese, softened**
- **¼ cup butter, softened**
- **1 tsp. vanilla extract**
- **1½ cups confectioners' sugar**
- **2 cups sweetened shredded coconut, divided**

1. Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Stir in food coloring and vanilla. Combine flour, cocoa, baking soda and salt. Combine the buttermilk and vinegar. Add dry ingredients to creamed mixture alternately with buttermilk mixture, beating well after each addition.

2. Fill foil- or paper-lined muffin cups two-thirds full. Bake until a toothpick inserted in center comes out clean, 18-22 minutes. Cool for 10 minutes before removing from pans to wire rack to cool completely.

3. For frosting, in a large bowl, beat cream cheese, butter and vanilla until fluffy, 3-5 minutes. Add confectioners' sugar; beat until smooth. Stir in 1 cup coconut. Frost cupcakes.

4. Toast remaining 1 cup coconut; sprinkle over the cupcakes. Store in the refrigerator.

1 CUPCAKE 296 cal., 18g fat (12g sat. fat), 59mg chol., 260mg sod., 32g carb. (23g sugars, 1g fiber), 4g pro. ●

> **"Set the dress code to whatever you'd like! Let the people on the small screen inspire you to get all gussied up. Or keep it casual for comfy viewing from your couch."**
>
> —ANNAMARIE HIGLEY, ASSOCIATE EDITOR

SHAMROCKIN' SNACKS

Lucky you! We've packed this beauty of a board with sweet and savory surprises for your St. Paddy's Day celebration.

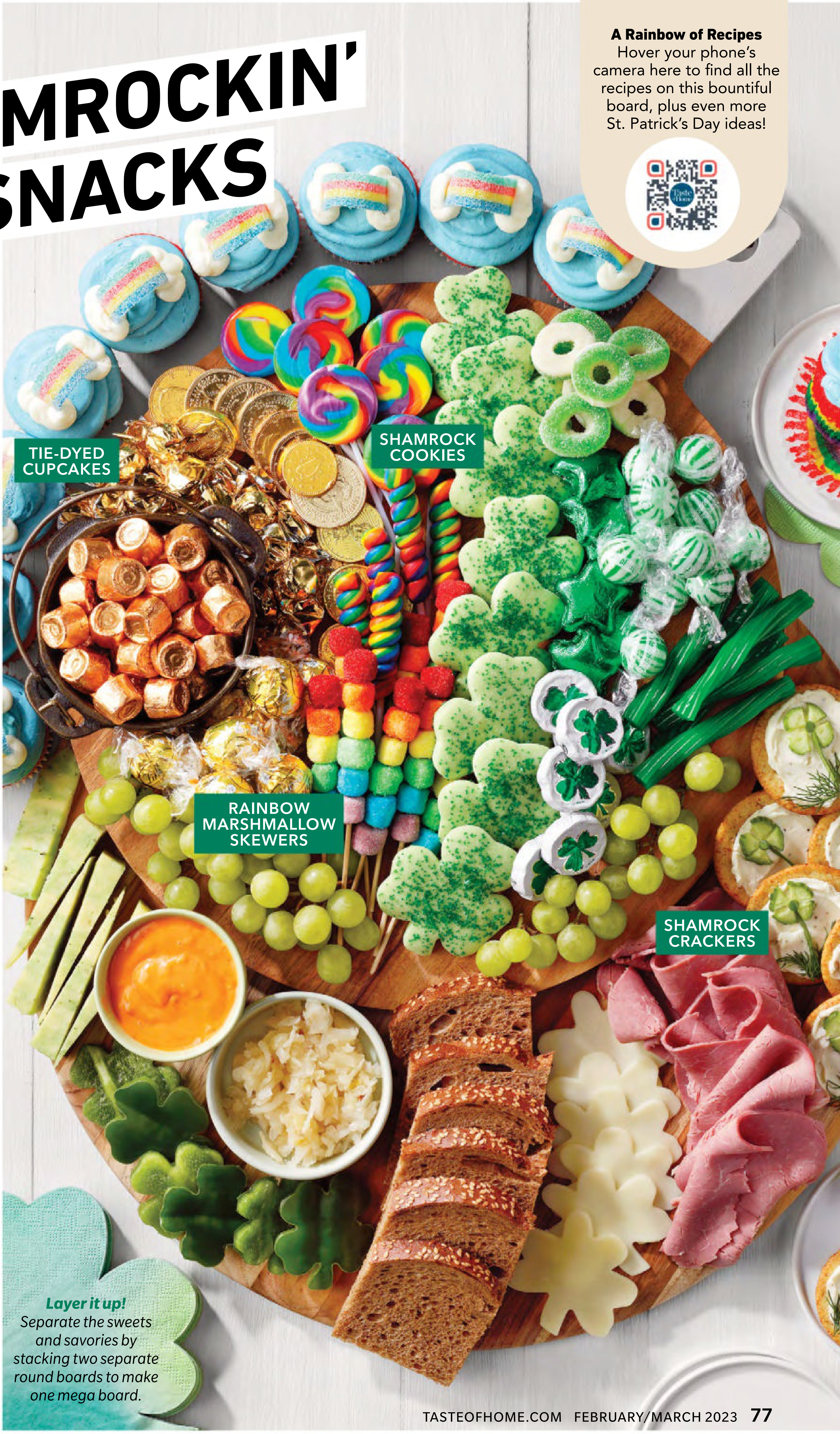
A Rainbow of Recipes
Hover your phone's camera here to find all the recipes on this bountiful board, plus even more St. Patrick's Day ideas!

GO SWEET

Trick out your board with a mix of store-bought and homemade treats. Glimmering gold-wrapped chocolates, rainbow sweets and green goodies add a wee touch of whimsy.

GO SAVORY

Set up a slider station with sliced corned beef, Swiss cheese, dark rye bread, sauerkraut and Thousand Island dressing. Make room for crackers spread with herbed cream cheese and veggie-and-herb shamrocks.



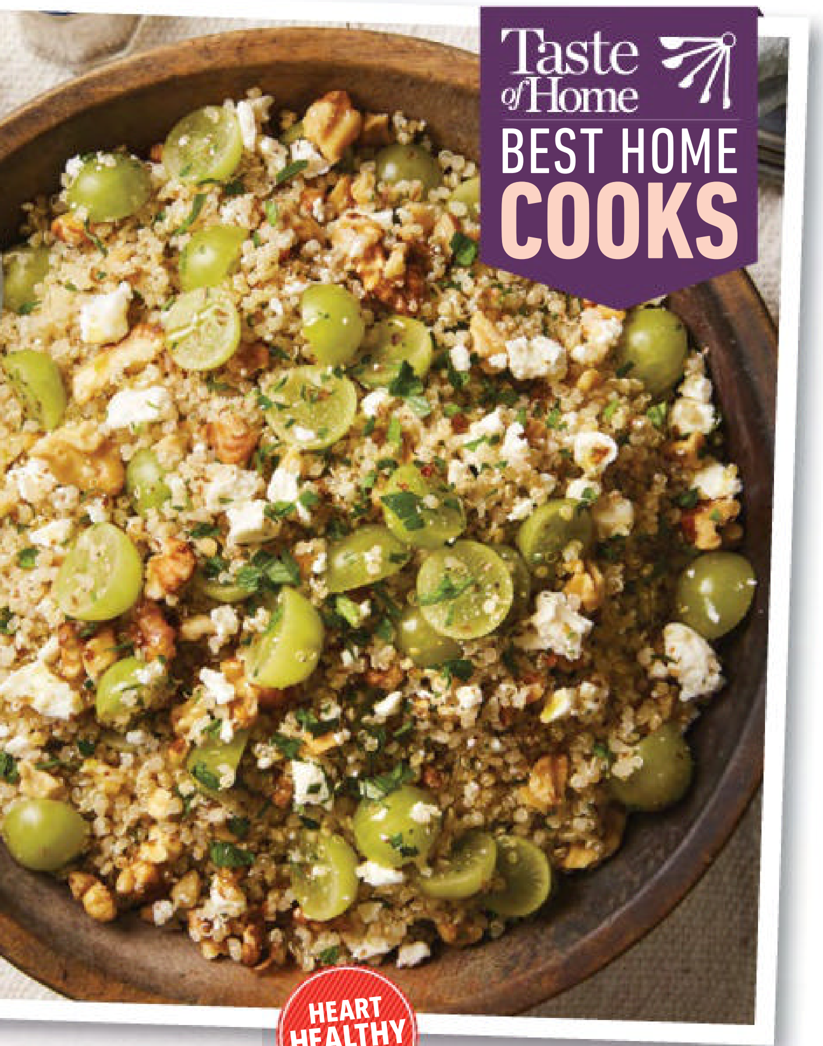
Layer it up!
Separate the sweets and savories by stacking two separate round boards to make one mega board.

RAINBOW TOPPERS

Top each homemade or store-bought cupcake with 2 fluffs of white buttercream frosting. Cut Sour Power Quattro into 2-in. pieces; secure ends in the clouds, creating an arch.

Tara Bench

New York, NY



Tara, whose blog ***tarateaspoon.com*** is named in part due to her small stature, is a self-described collection of contradictions. She loves staying home *and* traveling. She has a sweet tooth *but* can't resist a good savory recipe. And she's a home cook with a professional background.

The best compliment I've received about my cooking is:

"It almost brought us to tears, it was so good!"

I always make sure my kitchen is stocked with:
butter, sesame oil, harissa,
sherry vinegar, plain whole-milk Greek yogurt.

My kitchen soundtrack is: '80s pop/rock.

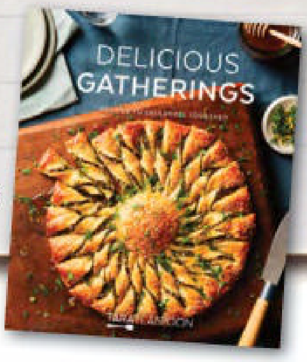
If I were an ingredient, I'd be: sugar.

The No. 1 dish on my cooking bucket list is: really good galbi (Korean short ribs).

The last thing I ate was: homemade Neapolitan pizza.

A food that brings back childhood memories is: whole wheat pancakes.

Try out Tara's elevated everyday recipes and tips with her cookbook. $35 ***amazon.com***



HEART HEALTHY

TRY ONE OF TARA'S FAVORITE RECIPES

Grape & Feta Quinoa

In a saucepan, combine 2 cups **water**, 1 cup rinsed **quinoa** and dash **salt**. Bring to a boil. Reduce heat; simmer, covered, until quinoa is tender and liquid is absorbed, about 15 minutes. Remove from heat and cool. Meanwhile, in a small bowl, whisk together 1½ tsp. grated **lemon zest**, 2 Tbsp. fresh **lemon juice**, 2 Tbsp. **olive oil**, 1 minced **garlic clove** and ¼ tsp. **salt**. In a large bowl, combine quinoa, ⅔ cup crumbled **feta cheese**, ⅓ cup coarsely chopped **toasted walnuts** and ⅓ cup chopped **fresh flat-leaf parsley**. Add dressing; toss to coat. Cover and refrigerate up to 1 day. **Makes 6 servings.**

We're looking for America's best home cooks. Nominate your favorite home cook to be featured in a future issue!

LINED PAPER: STOCKCAM/GETTY IMAGES

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-Sinora
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